



GLUTEN FREE PIKELETS TM 31



Total: 20min
Preparation: 5min



14 piece(s)



easy

Ingredients

Gluten Free Pikelet

20 grams Butter
150 grams Self Raising Flour, or
Gluten Free Self Raising Flour
Orgran/Well n Good
1/4 teaspoon salt
1 egg
55 grams caster sugar
180 grams Milk

Preparation

Gluten Free Pikelets

- 1) Place butter in TM bowl and melt for 40 seconds at 50 degrees speed 4.
- 2) Scrape sides of bowl.
- 3) Add remainder of ingredients to the bowl and mix for 30 seconds on speed 5 or until you reach a smooth consistency.
- 4) Use a pan on medium heat with spray oil and add a tablespoon of your batter for each pikelet.

I usually cook 3 at a time. Cook one side for a minute two and flip over when the underside is firm. Remove when both sides are golden.

Top with maple syrup, butter, jam or your favourite topping.

This recipe makes approximately 14 pikelets.

Ingredient list adapted from the 'Gluten Free Recipe Book' by The Coeliac Society Australia and converted for the Thermomix.



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