

Lectin Free Pancakes/Waffles

Joy Barnes

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**1 ½ cup** almond flour  
**½ cup** arrowroot powder  
**1 TBS** flaxseed meal (ground)  
**½ tsp** salt  
**1 TBS** olive oil  
**1 TBS** honey  
**¾ cup** almond milk

For pancakes:

Preheat griddle. Oil with olive oil. Pour batter on griddle. Heat until done about 2/3 of the way through then turn over and finish cooking.

For Waffles:

Preheat and then oil and pour into waffle maker. Bake for 6 minutes