

Gluten-Free Essentials Pancake and Waffle Mix (Vegan, Gluten-Free, Nut-Free, Soy-Free)

All afternoon long I had been planning out my dinner. I was going to go home, work out, and then heat up my yummy sweet potato and have that with veggie chili for a nice warm winters night meal. I was going to give the Peanut tomato soup with some animal crackers and then we could have bananas with chocolate syrup for dessert. Perfect! But the Peanut had other plans. She wanted pineapple with strawberry sauce and chicken with ranch dressing. So I get out the rotisserie chicken and start picking it apart and putting it on a plate when her little button nose turns up and with the air of a 15 year old she sputters, "I am so not eating that chicken." She happens to be 5. So like the good and patient mom I am, I let her "re-make" her dinner.

She runs into the pantry to get the box of cereal she wants and slips on her sweats (they are too long, she is such a shrimp) and flies across the pantry floor, smacking into the two bowls of cat food that are on the floor. And almost landing in the recycling bin. Wails erupt and big fat tears roll down her little face. I pick her up and hold her. She isn't really injured, but probably thinking she has cat food and newspaper in her hair and scared to death. I reassure her, everything is ok, and then I ask if she wants pancakes for dinner. Chocolate chip pancakes! Of course!

I get out the new mix I have needed to try, Kinnikinnick Pancake and Waffle Mix. I have to put it to the test, see if it may be better than my usual- Bob's Red Mill Wheat Free Pancake Mix. The mix calls for 1 tablespoon of oil, 3/4 cup of water, and 1 egg and that's it! Fairly simple to make, I swirled everything together and stirred in a few tablespoons of chocolate chips.

They cooked very evenly and I was impressed by their light and fluffy appearance. That is my one requirement for pancakes- light and fluffy! I flipped one too soon by mistake and it folded up into a little blob- so I called this one defective and as soon as it was cooked I scooped it up to take care of it aka eat it myself!. Anyone else do that? So I gently piled 3 nice and fluffy pancakes onto the Peanuts plate, knowing that she wouldn't finish them all!

We buttered and syruped them and she dug into them. I ate my defective one and was very surprised. The texture was smooth and not grainy. There was no strange aftertaste I sometimes get with GF flours. The pancake was on the sweet side, so it didn't really even need the sryup. It tasted like something you would buy in a fancy restaurant that served breakfast.

I really loved this pancake! I was already imagining the variations on it... apples with a touch of cinnamon, thawing my frozen strawberries and drizzling the sauce over the pancake, adding more chocolate chips, or fresh fruit with some soy whipped cream. Oh boy! I became a little sad when I realized the Bob's Mix would need to be put on the back shelf so I could treat myself to these fabulous pancakes. Now I just have to get it stocked in my grocery! This is a third party review by Go Dairy Free reviewer Amy B. Visit the Gluten-Free Essentials website to purchase one of their many baking mixes directly.