



Celiac Central Newsletter

all the gluten-free news you can use!

HOT PRODUCTS

1-2-3 Gluten-Free Buckwheat Pancakes

On Memorial Day weekend, I took a trip to my hometown to visit my parents. As always, when I come for a visit, they had stocked the pantry full of gluten-free products. On Saturday morning, my dad proudly pulled out a box of gluten-free pancake mix. Naturally, I was ecstatic, but even more so because it was a brand I had not tried before. In his hand, he held a baby-pink box of 1-2-3 Gluten-Free Buckwheat Pancake Mix. The box said that the bag of mix would make 20 large pancakes, but I've read that on other boxes of pancake mix in the past and the end product is often not what I would consider "large." Running with our disbelief, we decided to make the entire package. They are incredibly easy to make as the mix only calls for eggs, milk and oil. I will mention that we had to use a bit more milk than the recipe called for because the batter was a bit thick. Just use your judgment; it's pretty easy to tell when you have a good batter consistency. Let me tell you, we were wrong about the pancake size. The mix did in fact make 20 dinner-sized, large, fluffy, incredible pancakes.

I love the texture of buckwheat pancakes. They are heartier with a bit of an earthier flavor and hold up to syrup wonderfully. However, make sure you have lots of syrup on hand because they really absorb it right up! 1-2-3 Gluten-Free manufactures their products in a dedicated gluten-free (and peanut-free, nut-free and allergen-free) kosher facility utilizing only gluten-free ingredients. Their website has a store locator feature that can help you find this product near you. You can also order online directly from their website or from the Gluten-Free Mall.

<http://www.123glutenfree.com/>