

Pancakes

This recipe was adapted by Mary Schluckebier, Home Economist, for Twin Valley Mills, LLC and is provided courtesy of Twin Valley Mills (<http://www.twinvalleymills.com>).

2 cups sorghum flour
3 teaspoons baking powder
1 teaspoon sugar
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ cup non-fat dry powered milk
(or powdered buttermilk)*
1 tablespoon corn oil
3 eggs
 $1\frac{1}{2}$ cups water



Combine dry ingredients. Stir in eggs, oil and water; mix well. Drop by spoonfuls onto a hot, 375°F griddle until golden brown, turning once. Makes about 20 4-inch pancakes. Hints: If you like thinner pancakes, add more water or add some applesauce.

*Mary states, “They are just fine leaving out the milk and not substituting anything in its place. It may mean adjusting the amount of water to provide the thickness of batter for thick or thin pancakes.

Chocolate Chip Cookies

This recipe was developed by Amy Perry for Twin Valley Mills, LLC and is provided courtesy of Twin Valley Mills (<http://www.twinvalleymills.com>).

1 egg (or 1 egg replacer, mix and set aside)
 $\frac{1}{2}$ cup butter (or margarine, shortening or lard)
 $\frac{1}{2}$ cup sugar
 $\frac{1}{4}$ cup brown sugar packed
 $\frac{2}{3}$ cup sorghum flour + $\frac{1}{3}$ cup cornstarch
 $\frac{1}{4}$ cup defatted soy flour
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon soda
 $\frac{1}{2}$ teaspoon xanthan gum
1 teaspoon Cook’s Powdered Vanilla Extract (can use liquid extract if gluten-free and added before egg).
1 cup Nestles semi-sweet chocolate morsels
 $\frac{1}{2}$ cup nuts (optional)



Preheat oven to 375°F. Whisk together dry ingredients; set aside. Cream shortening and sugars, add egg (or egg replacer) beating on high until fluffy. Add dry ingredients, blend until well mixed, add chips (and nuts). Drop from teaspoon 2 inches apart on ungreased cookie sheet. Bake 10 minutes. (If baking more than one pan at a time, bake 8 minutes, turn pan, and bake 2 more minutes.) Do not overcook. Remove from oven, let cool on cookie sheet until firm, finish cooling on rack. Recipe can be doubled. Note: Consistent oven temperature is very important. Overcooked or cooked too cool makes them gritty.

(Jenny’s notes: I have substituted Garbanzo bean or Garfava flour when I was out of soy flour and the recipe turned out fine. For persons with diabetes, if using a sugar substitute, use slightly less than the amount of sugar cited in the recipe above to avoid any off-tastes. Also, the cookie texture will change to being more thick and chewy when using sugar substitutions, but they’re still good!)