

# INGREDIENTS

## WET INGREDIENTS

- 4 EGGS
- ½ C ALMOND MILK (OR PREFERRED)
- 1/2 C SOUR CREAM

## DRY INGREDIENTS

- 1 C TAPIOCA FLOUR
- 1/2 TSP SALT

2-3 T BUTTER (FOR PAN)

## ADDITIONAL INGREDIENT IDEAS

**FOR SAVORY** OPTIONS TRY KALE, SPINACH, ONIONS, SAUSAGE, HERBS, ETC.

**FOR SWEET** OPTIONS TRY BERRIES OR OTHER FRUITS, CINNAMON, SPICES ETC.

**FOR GARNISH** OPTIONS TRY POWDERED SUGAR, AGAVE, HONEY, CHEESE, HERBS

# DIRECTIONS

- **PREHEAT OVEN & PAN TO 400°F**
- WISK TOGETHER WET INGREDIENTS
- ADD DRY INGREDIENTS, WISK WELL
- LET BUTTER MELT IN PRE-HEATED PAN, LET COAT ENTIRE PAN BASE
- ADD BATTER AND ANY ADDITIONAL INGREDIENTS AND BAKE 25-30MIN
- SERVE WARM
- GARNISH IF DESIRED

**NOTES:** IF MAKING A SMALL DESSERT OR A MEAL FOR TWO YOU CAN EASILY HALVE THIS RECIPE AND USE AN 8X8 OR 9X9 PAN.

THIS RECIPE IS GLUTEN FREE, BUT WHEAT FLOUR CAN BE USED IN EQUAL MEASURE.



## 'PUFFCAKE' (GF)



(1) 13X9 pan  
serves 4



5 min prep  
25-30 min bake

This 'Puffcake' is an easy base for a savory meal or a sweet treat. Only takes a few minutes to mix together and the topping combos are endless.

There is no baking powder or soda, so you just get a subtle puff from the eggs and lovely buttery pastry flavor that works with just about anything.

### FOOD FOR THOUGHT:

Don't be afraid to 'play' in the kitchen. I have made 'Puffcakes' for years, but never from a formal recipe - just decided to call them that. My favorite recipes have often come from modifications made based on what I know from cooking science, my own tastes and not being afraid to experiment have FUN !!