



# **No Naughties' pancakes: Sweet treats without sugar, wheat, gluten and yeast (UK/European edition)**

*Tarja Moles*

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No Naughties' pancakes (UK/European edition) brings you ten delicious recipes inspired by different pancake traditions around the world. Whether you're looking for something scrumptious for an indulgent breakfast or a variety of delightful treats for a pancake party, No Naughties has the recipes – and they're all without the 'naughty' ingredients!

The recipes included in the book are:

Zesty orange pancakes in orange sauce  
Juicy blueberry and ricotta pancakes  
Apple ring pancakes with vanilla cream  
Chocolate lover's pancakes with chocolate sauce  
Tropical pineapple pancakes with coconut milk sauce  
Russian yogurt pancakes  
Goopy banana mini pancakes with mango and lime sauce  
Shredded raisin pancake with apple purée  
Buckwheat galettes with blackberry and raspberry filling  
Baked pancake tart

All the recipes are suitable for people who need to avoid sugar, wheat, gluten, yeast, soya, nuts and peanuts. There are also recipes that are free from lactose. All recipes are vegetarian.

All measurements in this UK/European edition are in metric and imperial units. (This book is also available as a US edition which uses US cup measures.)

The No Naughties books show that making 'free-from' treats is easy and can be done by anyone. Multiple food intolerances don't have to mean a boring diet. It's perfectly feasible to prepare and enjoy delicious treats – and inject some sweet magic into your life!

To find out more about No Naughties, please visit [www.nonaughties.com](http://www.nonaughties.com).

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