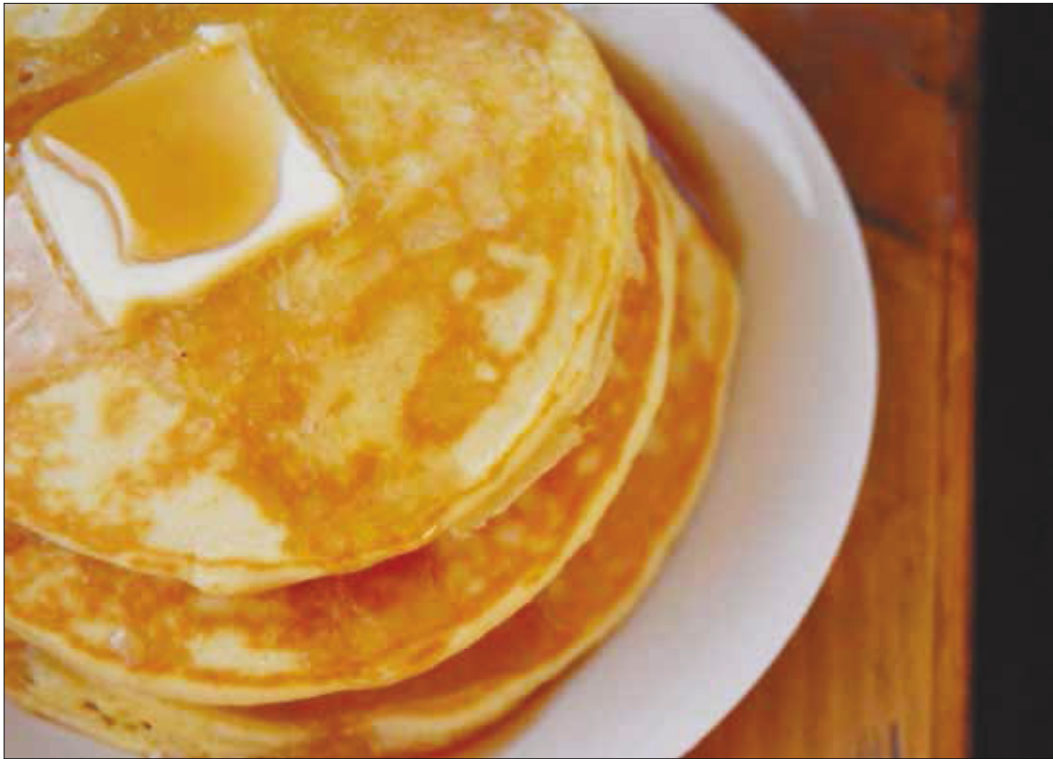


FOOD

Gluten Free Pancake Mix



This is much better than the store-bought boxed mix. Add a bit of vanilla or fruit (frozen blueberries work well) to make these extra special. For longer storage, keep the dry ingredients in a separate container and simply add the wet ingredients when making the pancakes.

DRY INGREDIENTS:

- *1 1/2 cups brown rice flour
- *2 tablespoons sugar
- *2 teaspoons baking powder
- *1/2 teaspoon baking soda
- *1/2 teaspoon salt
- *1/2 cup ground chia seeds (use a coffee grinder for 30 seconds until powdery)

WET INGREDIENTS:

- *1 teaspoon vanilla (optional)
- *2 tablespoons sesame oil
- *1 1/2 to 2 cups almond milk

DIRECTIONS:

1. In a bowl, mix together all the dry ingredients.
2. Make a well in the centre and pour in the milk.
3. Start with 1 1/2 cups milk, adding up to another 1/2 cup if necessary, as it is mixed with the flour.
4. Add the vanilla (if using) and oil, whisking until mixed but still a bit lumpy.
5. Heat a frying pan (if it is not non-stick, melt a bit of butter or oil in it) and when hot, pour in some pancake mix.
6. How much depends on experience at flipping pancakes and their desired size. About 1/4 cup at a time for small, easy-to-flip pancakes; or as much as 1/2 cup of pancake mix for larger pancakes.
7. If adding fruit, best to sprinkle it on top of the pancake now.
8. When the pancake starts to bubble on top and is golden brown on the cooked side, turn it and continue cooking until both sides are golden brown.
9. The first pancake is always a bit of a test so adjust the batter by adding more flour to make it thicker or more milk for a thinner pancake. In either case, just add a few spoonfuls at a time until perfect.
10. Repeat the cooking process with the remaining batter. Adjust the heat as the pan tends to get hotter as you keep making pancakes.
11. Keep the cooked pancakes covered with a tea towel, to keep them warm while finishing cooking the rest.

The Portland Observer
Minority Business
Corporate Special Rates

President Ronald Regan established Minority Enterprise Development Week in a statement on December 17, 1982. It is celebrated a full week in the first part of October. Our challenge today is to enhance the ability of minority Americans to participate in the market economy and to achieve greater economic independence. We are indebted to minority entrepreneurs for their contributions to our economic well being. They bring innovative products and services to the marketplace, create jobs and provide training to thousands of workers.

The Nation is undergoing the most difficult economic times in decades. With the high price of gas and a national economic down-trend, we are facing are most challenging times in America. However it is up to our small business communities to be able to aid in the recovery.

Minority Americans share in the aspiration to have the opportunity of business ownership. Every year the number of minority business ownership has increased representing the hope for opportunity. It is important to look at how minority businesses have added to Oregon's economy and its growth in the global market. *The Portland Observer* recognizes the contributions every year of disadvantaged, women-owned, minority and small emerging businesses with its Minority Business Special Edition to provide information and profile local minority business.

Please join us in this year special on September 30th, 2015. The deadline for advertisements and will be, September 26th, 2014 and for editorial submissions it will be September 23rd, 2015.

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