

## **Syrup Alternative**

(contributed by Gail Herman)

2 cups            fresh or frozen berries (any kind will do)  
¼ cup            hot water  
8 drops          liquid stevia  
1 tsp             corn or tapioca starch dissolved in 2 tbsp water.

Cook berries, hot water and stevia until boiling and bubbly, add starch and water mixture to thicken. Serve as filling for Swedish Thin Pancakes or as topping for Dairy, Sugar & Wheat Free Pancakes. Leftovers keep well in the fridge and make a nice spread instead of jam.

“Whipped Soy” can be made using Silk brand soy milk (has to be very cold), a little stevia and the *Froth Master* foamer available through Victorian Epicure ([www.epicureselections.com](http://www.epicureselections.com)). The foamer is used to make “whip cream” from 2% and skim milk. The Silk does not whip entirely as milk does but it is foamy enough to spoon on top of your pancakes and syrup alternative. It’s a nice touch when you want to “fancy up” breakfast for your lactose and wheat intolerant family! My kids really like to have a cup of the leftover Silk that didn’t foam enough to use as a topping to wash down their mock “Crêpes Suzette”.

Note: I’ve tried So Good, So Nice, Rice Dream, and Almond Milk but none of them foamed enough to use.