

Birch Benders “micro-pancakery” brings surprises to the griddle



The [Birch Benders Micro-Pancakery](#) in Boulder, Colo., has a mission statement. In part, “In these crazy, busy, over-scheduled days, we want to bring people back together (at the table), one pancake at a time.”

To that end, the family-and-friends-owned company has a new line of pancake-waffle mixes in unusual flavors – classic, chocolate chip, six-grain cinnamon, paleo, gluten-free, protein, pumpkin spice, gingerbread spice, and double chocolate peppermint. Add water and oil to the organic ingredients, mix and cook.

We found the grain-free, gluten-free, soy-free “caveman ingredients” list for the paleo blend rather interesting: casava, coconut and almond flours, eggs, salt, monk fruit and spices. Monk fruit? The website www.monkfruit.org describes it as “a sub-tropical melon that has been cultivated in the remote mountains of Southern China for centuries. According to legend, monk fruit is named after the Buddhist monks who first cultivated the fruit nearly 800 years ago.” Now we know.

Find the mixes at Raley’s-Bel Air and Save-Mart stores for \$5 to \$6 for the 16-ounce package.