



VEGAN PANCAKES

6 portions

INGREDIENTS

- 1.5 cups of whole wheat flour (180 g)
- 2 tsps of baking powder (10 g)
- 1.5 cups of almond milk, unsweetened, (393 g)
- 1/4 cup of applesauce, (61 g)
- 2 tbsps of oil, coconut (27 g)
- 1 tbsp of sugar (9 g)
- 1 tsp of vanilla extract (4 g)

COOKING METHOD

- 1° Whisk flour, baking powder and salt in a large bowl. Whisk milk, applesauce, oil, sugar and vanilla in a medium bowl. Make a well in the center of the dry ingredients, add the wet ingredients and whisk just until combined. Resist overmixing—it will make the pancakes tough.
- 2° Let the batter sit, without stirring, for 10 to 15 minutes. (As the batter rests, the baking powder forms bubbles that create fluffy pancakes.)
- 3° Coat a large nonstick skillet or griddle with cooking spray; heat over medium heat. Without stirring the batter, measure out pancakes using about ¼ cup batter per pancake and pour into the pan (or onto the griddle). Cook until the edges are dry and you see bubbles on the surface, 2 to 4 minutes. Flip and cook until golden brown on the other side, 2 to 4 minutes more. Repeat with the remaining batter, coating the pan with cooking spray and reducing the heat as needed.
- 4° Make-Ahead Tip: The mixture of dry ingredients can be stored airtight for up to 1 month; the batter can be refrigerated for up to 1 day; cooked pancakes can be frozen airtight, in a single layer, for up to 3 months. Reheat in the microwave or oven.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (114 g)	% DRI
ENERGY	145 kcal	166 kcal	8 %
FAT	5 g	6 g	9 %
FATTY ACIDS, TOTAL SATURATED	3 g	4 g	20 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	44 mg	50 mg	2 %
CARBOHYDRATE	23 g	26 g	9 %
SUGARS	3 g	3 g	—
FIBER	3 g	3 g	14 %
PROTEIN	4 g	4 g	—