

Pancakes



You'll be amazed at how these pancakes rise while cooking and come out thick, fluffy, and delicious! Top with maple syrup or add fruit or chocolate chips to the batter before cooking and top with vegan whipped topping for a treat.

- 1 cup flour
- 1 tsp baking powder
- $\frac{1}{4}$ tsp baking soda
- $\frac{1}{4}$ tsp salt
- 1 cup milk (soy or almond)
- 1 flax egg*
- 2 Tbsp oil**

*To make flax egg mix 1 Tbsp ground flax seed with 3 Tbsp water. Let mixture sit for 10-15 minutes until a gel like substance forms.

**To make low-fat/oil free, applesauce can be used instead of oil.

1. Prepare flax egg and set aside.
2. In large mixing bowl, combine dry ingredients (flour, baking powder, baking soda, and salt) and mix well.
3. In a separate bowl mix together the wet ingredients (milk, flax egg, and oil or applesauce).
4. Add the wet ingredient mixture to the dry ingredient mixture in the large mixing bowl. Mix just until wet and dry ingredients are combined.
5. Cook on hot griddle for about 3 minutes per side. For smaller pancakes use $\frac{1}{4}$ cup of batter per pancake; for larger pancakes use $\frac{1}{3}$ – $\frac{1}{2}$ cup of batter per pancake.