

Vegan Pancakes – Makes 6 pancakes

<https://www.eminencenutrition.com/vegan-pancakes>



Dry Ingredients:

- ¾ cup Whole wheat flour
- 1 tbsp. Brown sugar
- ½ tbsp. Baking powder
- ½ tsp. Salt

Wet Ingredients:

- 1 cup Soy milk
- 1 tbsp. Apple cider vinegar
- 1 tsp. Vanilla extract

Directions:

1. Mix the wet ingredients together and let sit for 5 minutes.
2. Mix the dry ingredients together.
3. Combine the wet ingredients with the dry ingredients until just mixed – careful not to over stir as it will create stiff pancakes.
4. Heat some oil in a large pan on medium heat. Pour the batter on the pan and cook until you start to see little bubbles around the edge of the pancake or just peek underneath and see if its ready, that works too! Flip and cook the other side.
5. Dress your pancakes with your favourite toppings and enjoy! 😊

Batch Pancake Mix Recipe:

- 7½ cups whole wheat flour
- ¾ cup brown sugar
- ½ cup baking powder
- 1½ tbsp. salt

Directions:

1. Mix together 1 cup soy milk, 1tbsp. apple cider vinegar and 1 tsp. vanilla extract and let sit for 5 minutes.
2. Combine until just mixed a heaping ¾ cup of this pancake mix with the wet ingredients. Careful not to over stir.
3. This will make 6 pancakes.