

# Fluffy Pancakes for a family

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2 cups	All Purpose flour	2 cups	soy milk less 2 T
4 tbs	Baking Powder	4 Tbs	Vegetable oil
4 Tbs	Sugar	2 tsp	Vanilla extract
1 tsp	Salt		

## Procedure

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- 1 Mix all dry ingredients.
- 2 Use 2 tablespoons less than 2 cups of soy milk to help with lift. Mix just until dry and let rest at least 5 minutes before cooking.
- 3 Unused batter can be stored overnight in the fridge. Pancakes can be frozen for use later, too.

## Nutrition Facts

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Nutrition (per serving): 125 calories, 78 calories from fat, 8.8g total fat, <1mg cholesterol, 961.9mg sodium, 11.6mg potassium, 12.6g carbohydrates, <1g fiber, 8.3g sugar, <1g protein.

## Source

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Author: Chef Wanda White of the Humane Society of the US developed this recipe for the Military to provide easy vegan options! I took her 80 serving recipe and reduced for a family size.

## Basic Pancake or Waffle mix

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1 1/4	cup	whole wheat pastry flour	1 1/4	cup	non-dairy milk
			1/4	cup	applesauce
2	tsp	baking powder	1	tsp	vanilla
1/2	tsp	baking soda	1	tsp	white vinegar
1	tsp	brown sugar			
1/2	tsp	cinnamon			

### Procedure

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- 1 Mix all and let batter rest for at least 10 minutes.
- 2 For waffles, spray waffle iron before cooking each batch to prevent sticking.
- 3 For pancakes, preheat the pan over medium-low heat. Lightly coat the pan in oil. Add 1/3 cup of batter for each pancake, and cook for about 4 minutes, until puffy. Flip the pancakes, adding a new coat of oil to the pan, and cook for another 3 minutes or so. Don't use too much oil in the pan. It will result in a tough exterior.

Servings: 4

Yield: 4 pancakes or 2 1/2 waffles or 268 calories per waffle

### Nutrition Facts

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Nutrition (per serving): 163 calories, 43 calories from fat, 1.3g total fat, 0mg cholesterol, 458.2mg sodium, 16.3mg potassium, 3.9g carbohydrates, 5.7g fiber, 2.7g sugar, 4.1g protein.

### Recipe Tips

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The vinegar has no taste but helps the pancake or waffle rise!

To add variety try adding:

1/2 banana, very ripe and mashed instead of the applesauce

1/3 cup shredded coconut and 1/4 cup walnuts, chopped-you may need to increase liquid by 1/8 cup

1/2 c blueberries (blueberries are least expensive when in season in June and July)

1/4 c chocolate chips

# Buckwheat Pancakes

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|-----------------------|----------------------------|
| 1 cup soy milk        | 1 Tbs baking powder        |
| 1 tsp lemon juice     | 1/2 tsp cinnamon, optional |
| 1 cup buckwheat flour | 2 tsp vanilla extract      |
| 2 Tbs sugar           |                            |

## Procedure

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- 1 In a measuring cup, add milk and lemon juice, let set for 10 minutes.
- 2 Preheat griddle to manufacturers setting for pancakes.
- 3 In a medium sized mixing bowl, add flour, sugar, baking soda, cinnamon and salt, mix well. Add in vegan buttermilk and mix just to combine.
- 4 Using a 1/4 cup measuring cup, scoop up batter and place on griddle. Once the top forms bubbles and sides look a little leathery, about 2 – 3 minutes, flip and cook the other side for 2-3 minutes.

Servings: 5

Yield: 6" wide pancake

## Nutrition Facts

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Nutrition (per serving): 119 calories, 6 calories from fat, <1g total fat, 0mg cholesterol, 323.1mg sodium, 194.8mg potassium, 25.3g carbohydrates, 2.6g fiber, 7.7g sugar, 4.2g protein.