



Best Vegan Pancakes

 Dairy Free

READY IN



30 min.

SERVINGS



10

CALORIES



130 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 1.5 cups vanilla almond milk
- ☐ 3 teaspoons double-acting baking powder
- ☐ 2 tablespoons cocoa powder
- ☐ 3 Tablespoons coconut oil
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup cooking oats quick
- ☐ 0.3 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 2 Tablespoons sugar white
- ☐ 0.5 cup flour whole wheat

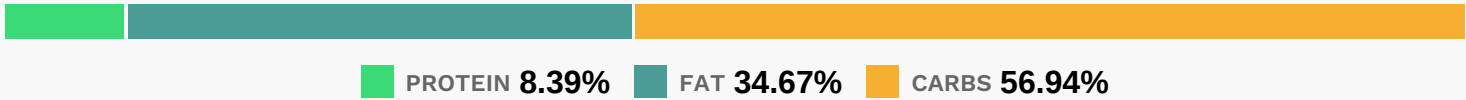
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a large bowl combine together the dry ingredients and make a well in the center.
- ☐ Add the wet ingredients one by one to the well and stir together with a whisk.
- ☐ Let the batter rest for at least 10 minutes before making the pancakes. Meanwhile heat a pan at medium-high for about 5 minutes. Once the pan is hot enough, pour about 1/3rd cup of batter (for each pancake). Wait for bubbles to appear all over the pancake and the flip it over the other side and cook for another 30-45 seconds. Repeat the same for rest of the batter.
- ☐ Serve the pancakes warm with toppings of your choice.

Nutrition Facts



Properties

Glycemic Index:32.91, Glycemic Load:9.92, Inflammation Score:-2, Nutrition Score:5.0608696177116%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg, Epicatechin: 1.96mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 129.59kcal (6.48%), Fat: 5.22g (8.02%), Saturated Fat: 3.62g (22.63%), Carbohydrates: 19.28g (6.43%), Net Carbohydrates: 17.53g (6.38%), Sugar: 2.6g (2.89%), Cholesterol: 0mg (0%), Sodium: 234.81mg (10.21%), Alcohol: 0.14g (100%), Alcohol %: 0.26% (100%), Protein: 2.84g (5.68%), Manganese: 0.49mg (24.69%), Selenium:

9.03µg (12.89%), Calcium: 122.62mg (12.26%), Vitamin B1: 0.14mg (9.58%), Phosphorus: 80.99mg (8.1%), Fiber: 1.75g (6.98%), Folate: 26.7µg (6.68%), Iron: 1.2mg (6.67%), Magnesium: 23.66mg (5.92%), Vitamin B3: 1.08mg (5.41%), Vitamin B2: 0.08mg (4.6%), Copper: 0.09mg (4.56%), Zinc: 0.4mg (2.67%), Potassium: 61.14mg (1.75%), Vitamin B6: 0.03mg (1.7%), Vitamin B5: 0.11mg (1.13%)