



WHATSheATE

Easy Whole Wheat Vegan Pancakes or Waffles



Vegetarian



Vegan



Dairy Free



Popular

READY IN



25 min.

SERVINGS



16

CALORIES



75 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 Teaspoon ground cinnamon
- ☐ 1 cups milk alternative unsweetened room temperature (I used Coconut Milk Beverage)
- ☐ 1.5 Tablespoons oil melted your favorite (I used coconut oil, but extra-light olive oil, grapeseed oil, or baking oil will do)
- ☐ 0.1 Teaspoon salt
- ☐ 1 Tablespoon sweetener canned (I used Palm Sugar, but you can use Sucanat, Brown Sugar, Maple Syrup, etc.)
- ☐ 1 cup pastry flour whole wheat all-purpose for all or part of the flour if desired, but they won't be then! (can sub flour)

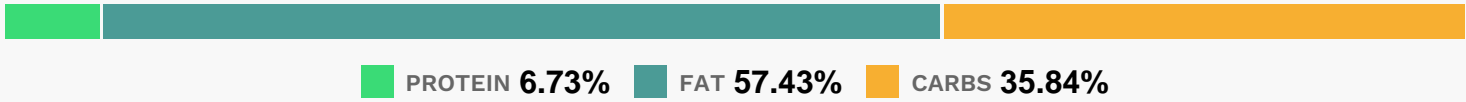
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ stove
- ☐ measuring cup

Directions

- ☐ In a medium-sized bowl, combine the flour, baking powder, cinnamon, and salt, and set aside. In a measuring cup, combine the sweetener, 1 cup of the milk alternative, and the oil.
- ☐ Whisk in the reserved flour mixture. If the batter is too thick or becomes too thick as it sits, add up to 1/4 cup of additional milk alternative (I live at high altitude, where things rise more, so I used the full 1 and 1/4 cups for the pancakes, but you may not need that much). Keep in mind that egg-free pancake batter works better when it is a little thicker than egg-containing pancake batter. Prepare your skillet with some cooking spray, and preheat it over medium heat.
- ☐ Pour the batter into the skillet to create your desired size of pancakes (I make dollar-sized ones because I am so bad at flipping the bigger ones!). Cook over medium heat, reduce heat to medium-low if the skillet gets too hot (I have this problem with our electric stove). The pancakes will bubble as soon as the batter hits the pan, ignore those bubbles. The batter will smooth out after 30 seconds. Wait until you see bubbles break at the surface again, then flip. Cook for about about 1 minute on the other side.
- ☐ Remove from the pan, and pour in the next batch of batter. Repeat until all the batter is used up, and you have a few plates of scrumptious pancakes! Top as desired (see my notes below for suggestions).

Nutrition Facts



Properties

Glycemic Index:2.59, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:3.0534782676917%

Nutrients (% of daily need)

Calories: 75.13kcal (3.76%), Fat: 5.07g (7.8%), Saturated Fat: 3.38g (21.12%), Carbohydrates: 7.12g (2.37%), Net Carbohydrates: 5.96g (2.17%), Sugar: 1.28g (1.42%), Cholesterol: 0mg (0%), Sodium: 20.71mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.67%), Manganese: 0.48mg (24.11%), Selenium: 5.57µg (7.95%), Fiber: 1.17g (4.66%), Phosphorus: 41.81mg (4.18%), Magnesium: 16.13mg (4.03%), Copper: 0.07mg (3.54%), Iron: 0.53mg (2.94%), Vitamin B1: 0.04mg (2.83%), Vitamin B3: 0.49mg (2.44%), Zinc: 0.31mg (2.04%), Potassium: 69.77mg (1.99%), Vitamin B6: 0.04mg (1.78%), Vitamin E: 0.27mg (1.77%), Vitamin B2: 0.03mg (1.66%), Folate: 5.7µg (1.43%)