



Egg and Dairy Free Pancakes

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



67 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 c flour all-purpose
- 0.5 c flour whole wheat
- 1 tbsp sugar
- 1 tsp double-acting baking powder
- 0.3 tsp baking soda
- 0.3 tsp salt
- 1 tbsp ground flaxseed (sometimes called flaxseed meal)
- 1 c vanilla almond milk

2 tbsp cooking oil

Equipment

bowl

frying pan

Directions

In a small bowl, mix together ground flaxseed with 3 tbsp water.

Let stand for 2–3 minutes before using.

In another bowl, mix together flours, sugar, baking powder, baking soda and salt.

Add almond milk and cooking oil to flaxseed, then pour into the flour.

Mix well until there are few lumps left.

Heat a skillet over medium heat.

Add 1/4 c.of batter to the pan. Cook for 2–3 minutes until bubbles form on top. Flip and cook for 2 minutes on the other side.

Remove from pan and repeat until batter has been used up.

Serve with maple syrup or your favorite jam.

Nutrition Facts



PROTEIN 8.24% **FAT 39.57%** **CARBS 52.19%**

Properties

Glycemic Index:22.42, Glycemic Load:3.67, Inflammation Score:-1, Nutrition Score:2.6513043478261%

Taste

Sweetness: 35.31%, Saltiness: 7.29%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 66.67kcal (3.33%), Fat: 3.01g (4.63%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 8.93g (2.98%), Net Carbohydrates: 8.03g (2.92%), Sugar: 1.06g (1.18%), Cholesterol: 0mg (0%), Sodium: 142.77mg (6.21%), Protein: 1.41g (2.82%), Manganese: 0.25mg (12.68%), Selenium: 5.01µg (7.16%), Calcium: 51.53mg (5.15%), Vitamin B1: 0.08mg (5.04%), Fiber: 0.9g (3.59%), Phosphorus: 35.62mg (3.56%), Folate: 12.24µg (3.06%), Vitamin E: 0.45mg (2.99%),

Vitamin B3: 0.57mg (2.87%), Iron: 0.5mg (2.77%), Magnesium: 10.39mg (2.6%), Vitamin B2: 0.04mg (2.07%),
Copper: 0.04mg (1.76%), Vitamin K: 1.8µg (1.71%), Zinc: 0.19mg (1.28%), Vitamin B6: 0.03mg (1.27%)