



Maple Walnut Vegan Pancakes

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



163 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 Teaspoon double-acting baking powder
- ☐ 2 Teaspoons oil for greasing the pan
- ☐ 0.3 Teaspoon ground cinnamon
- ☐ 0.7 cup soy milk for soy free your favorite (can sub coconut creamer or milk alternative)
- ☐ 0.1 Teaspoon salt
- ☐ 0.5 Teaspoon vanilla extract
- ☐ 0.3 cup walnuts chopped
- ☐ 0.7 cup flour whole wheat all-purpose (can use part pastry flour if desired)

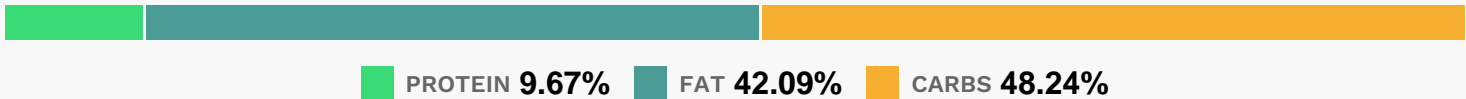
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix the flour, salt, and baking powder together in a metal bowl until they are combined.
- ☐ Mix together the soy milk, vanilla extract, and 2 teaspons of oil.
- ☐ Add these to the dry ingredients and stir until thoroughly combined.Coat the chopped walnuts with the cinnamon.Toast them on a medium heat in a dry sauté pan for about 2 minutes (until they lose their bitterness.)Stir these into the batter.Lightly oil the pan, and heat it up to a medium heat.
- ☐ Pour 1/4 of the pancake batter onto the middle of the pan and cover it.When the top side bubbles and is mostly firm, flip the pancake over.Keep this on the heat for another minute to a minute and a half.Repeat with the rest of the batter.Top with the maple syrup.

Nutrition Facts



Properties

Glycemic Index:29.25, Glycemic Load:0.61, Inflammation Score:-2, Nutrition Score:7.7756521624068%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg

Nutrients (% of daily need)

Calories: 162.6kcal (8.13%), Fat: 7.27g (11.18%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 18.74g (6.25%), Net Carbohydrates: 16.04g (5.83%), Sugar: 2.97g (3.3%), Cholesterol: 0mg (0%), Sodium: 285.27mg (12.4%), Alcohol: 0.17g (100%), Alcohol %: 0.3% (100%), Protein: 3.76g (7.52%), Manganese: 1.09mg (54.32%), Selenium: 12.73µg (18.18%), Phosphorus: 140.63mg (14.06%), Calcium: 132.84mg (13.28%), Fiber: 2.7g (10.8%), Copper: 0.2mg (9.97%), Magnesium: 39.63mg (9.91%), Vitamin B1: 0.13mg (8.36%), Iron: 1.16mg (6.47%), Vitamin B6: 0.12mg (6.05%), Vitamin B3: 1.08mg (5.39%), Zinc: 0.75mg (4.99%), Folate: 15.97µg (3.99%), Vitamin E: 0.55mg (3.64%), Potassium: 106.54mg (3.04%), Vitamin B2: 0.04mg (2.62%), Vitamin K: 2.04µg (1.95%), Vitamin B5: 0.16mg (1.63%)