



Mary McDougall's Fluffy Pancakes

 Vegetarian  Vegan  Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



77 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 1 cup banana ripe mashed (2 to 3 bananas)
- 0.3 cup blueberries fresh
- 1 tablespoon ener-g egg replacer
- 1 tablespoon juice of lemon fresh
- 1 cup rice milk
- 0.5 cup seltzer water
- 0.8 cup pastry flour whole-wheat all-purpose (or pastry flour)

0.8 cup pastry flour whole-wheat

Equipment

bowl

frying pan

ladle

oven

whisk

spatula

Directions

Mix together the whole-wheat and all-purpose flours, baking powder, and salt in a medium bowl. In another medium bowl, whisk the Egg Replacer with 1/4 cup warm water until frothy.

Add the bananas, mixing well.

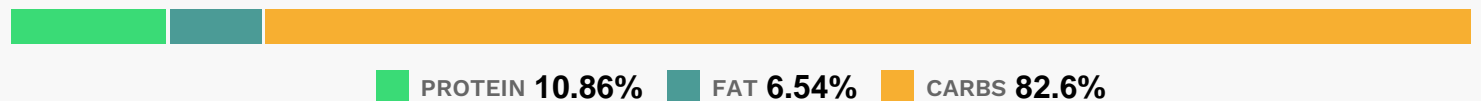
Add the soy milk, sparkling water, Lighter

Bake, and lemon juice until well mixed. Stir the banana mixture into the dry ingredients just until combined. Gently stir in the blueberries, if you are using them.

Heat a nonstick griddle over medium heat. When it is hot, ladle pancakes onto the griddle, using 1/4 cup per pancake, allowing space for them to spread. When bubbles form on the surface, use a spatula to flip them over. Cook until lightly browned. Repeat with the remaining batter.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.15, Glycemic Load:3.4, Inflammation Score:-2, Nutrition Score:4.8873914085005%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Petunidin: 1.3mg, Petunidin: 1.3mg, Petunidin: 1.3mg, Petunidin: 1.3mg Delphinidin: 1.46mg, Delphinidin: 1.46mg, Delphinidin: 1.46mg, Delphinidin: 1.46mg Malvidin: 2.78mg, Malvidin: 2.78mg, Malvidin: 2.78mg, Malvidin: 2.78mg Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 76.66kcal (3.83%), Fat: 0.6g (0.92%), Saturated Fat: 0.08g (0.5%), Carbohydrates: 17.01g (5.67%), Net Carbohydrates: 14.98g (5.45%), Sugar: 2.94g (3.27%), Cholesterol: 0mg (0%), Sodium: 81.34mg (3.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.24g (4.47%), Manganese: 0.66mg (32.9%), Selenium: 9.4µg (13.43%), Fiber: 2.03g (8.14%), Phosphorus: 71.5mg (7.15%), Magnesium: 24.53mg (6.13%), Calcium: 58.13mg (5.81%), Vitamin B6: 0.11mg (5.48%), Vitamin B1: 0.08mg (5.4%), Vitamin B3: 0.85mg (4.22%), Copper: 0.07mg (3.72%), Iron: 0.66mg (3.66%), Potassium: 103.98mg (2.97%), Zinc: 0.43mg (2.84%), Folate: 9.6µg (2.4%), Vitamin C: 1.97mg (2.39%), Vitamin B2: 0.04mg (2.1%), Vitamin B5: 0.14mg (1.39%), Vitamin K: 1.14µg (1.09%)