



Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



137 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tsp double-acting baking powder
- 1 tsp cinnamon
- 2 tbsp maple syrup pure
- 1 cup plant-based milk
- 0.3 tsp salt
- 1 tsp vanilla extract
- 0.5 cup water
- 2 cups pastry flour whole wheat

Equipment

- bowl
- frying pan
- ladle
- measuring cup

Directions

- Preheat a non-stick flat pan.
- Combine all the wet ingredients (non-dairy milk, maple, water, vanilla) in a bowl. Sift dry ingredients (flour, baking powder, cinnamon, salt) in another bowl.
- Pour the wet into the dry and gently stir until evenly mixed, adding another 1/4 cup non-dairy milk if necessary. The batter will be very thick.
- Let rest 10 minutes if you can. Ladle batter onto the skillet and place fruit into batter if using. When bottoms of the pancakes are golden and bubbles begin to appear on the tops, flip over. Cook for another 2–3 minutes. **Chef's Tip:** use a 1/4 cup measuring cup to pour the batter to keep pancakes uniformly sized.

- Amount Per Serving
- Calories
- Fat
- 50g
- Carbohydrate
- 80g Dietary Fiber 3.20g Sugars 4.60g Protein 4g

Nutrition Facts



Properties

Glycemic Index: 21.44, Glycemic Load: 2.07, Inflammation Score: -3, Nutrition Score: 9.7956523018201%

Nutrients (% of daily need)

Calories: 136.72kcal (6.84%), Fat: 1.73g (2.66%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 27.03g (9.01%), Net Carbohydrates: 23.65g (8.6%), Sugar: 4.66g (5.18%), Cholesterol: 3.66mg (1.22%), Sodium: 208.03mg (9.04%), Alcohol: 0.18g (100%), Alcohol %: 0.28% (100%), Protein: 4.98g (9.95%), Manganese: 1.39mg (69.73%), Selenium: 19.13µg (27.33%), Phosphorus: 163.34mg (16.33%), Fiber: 3.38g (13.54%), Calcium: 124.54mg (12.45%), Magnesium: 46.53mg (11.63%), Vitamin B1: 0.17mg (11.41%), Vitamin B2: 0.16mg (9.16%), Vitamin B3: 1.53mg (7.65%), Vitamin B6: 0.14mg (7.07%), Iron: 1.24mg (6.89%), Copper: 0.13mg (6.37%), Zinc: 0.95mg (6.32%), Potassium: 168.32mg (4.81%), Folate: 13.22µg (3.3%), Vitamin B5: 0.3mg (2.96%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.34µg (2.24%), Vitamin E: 0.24mg (1.57%), Vitamin A: 53.07IU (1.06%)