



Vegan Granola Pancakes



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



1

CALORIES



378 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon baking soda
- ☐ 1 teaspoon dairy-free margarine
- ☐ 3 fruit fresh
- ☐ 2 tablespoons favorite granola (break up any really large clusters)
- ☐ 1 tablespoon maple syrup
- ☐ 0.3 cup soymilk plain unsweetened for soy-free (substitute almond, coconut, rice or flax milk alternative)
- ☐ 1 teaspoon natural sugar

- ☐ 0.1 teaspoon sea salt
- ☐ 0.3 cup unbleached flour whole wheat white all-purpose (Betsy uses)
- ☐ 1 tablespoon vegan cream sour your favorite (or non-dairy yogurt)

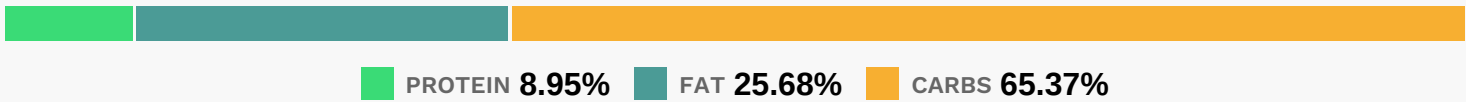
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Spray the bottom of a large cast iron skillet with non-stick cooking spray and heat over medium to medium-high. Meanwhile, whisk together the flour, sugar, baking powder, baking soda, sea salt and soymilk. Melt the teaspoon of butter in skillet and swirl to coat. Make two pancakes using half of the batter for each, spreading just slightly to perfect shape if desired. Cook for a couple of minutes or until there is just a little gooey batter on top, but pancakes are mostly done, as you want the granola to adhere to the top when you flip them, but you don't want the granola to burn when you cook the top side.
- ☐ Sprinkle each pancake with 1 tablespoon of granola, gently press it into the moist batter with a flattened hand, flip, and cook for another 30 seconds to a minute or until done, avoiding scorching the granola.
- ☐ Remove pancakes to plate, granola side up.
- ☐ Spread one pancake with vegan sour cream, top with second pancake, drizzle with maple syrup, and garnish with fruit.

Nutrition Facts



Properties

Glycemic Index:235.5, Glycemic Load:20.67, Inflammation Score:-5, Nutrition Score:13.144347875015%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg,

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Nutrients (% of daily need)

Calories: 378.48kcal (18.92%), Fat: 10.94g (16.84%), Saturated Fat: 2.52g (15.77%), Carbohydrates: 62.69g (20.9%), Net Carbohydrates: 59.87g (21.77%), Sugar: 23.68g (26.31%), Cholesterol: 0mg (0%), Sodium: 672.19mg (29.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.16%), Manganese: 1.38mg (69.17%), Vitamin B2: 0.44mg (26.02%), Vitamin C: 21.19mg (25.68%), Selenium: 16.01µg (22.88%), Calcium: 183.72mg (18.37%), Phosphorus: 139.3mg (13.93%), Vitamin B1: 0.2mg (13.49%), Vitamin E: 1.95mg (13.02%), Vitamin B12: 0.69µg (11.47%), Fiber: 2.82g (11.26%), Magnesium: 44.89mg (11.22%), Iron: 1.71mg (9.52%), Copper: 0.18mg (9.11%), Potassium: 284.96mg (8.14%), Folate: 25.75µg (6.44%), Vitamin A: 318.93IU (6.38%), Zinc: 0.86mg (5.71%), Vitamin D: 0.73µg (4.86%), Vitamin K: 4.5µg (4.29%), Vitamin B6: 0.08mg (4.11%), Vitamin B3: 0.76mg (3.79%), Vitamin B5: 0.35mg (3.46%)