



WHATSheATE



## Wholesome Hazelnut Vegan Pancakes

♥ Popular

READY IN



20 min.

SERVINGS



3

CALORIES



326 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 1 cup almond plus almond milk beverage unsweetened
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 3 tablespoons hazelnut butter (or nut or seed butter)
- ☐ 1.5 tablespoons canola oil
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon sugar (or sweetener)
- ☐ 1 cup flour whole wheat with your favorites)

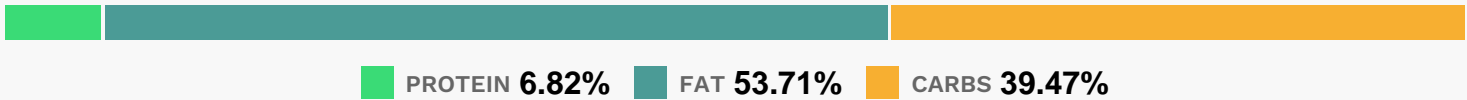
### Equipment

- ☐ frying pan
- ☐ whisk
- ☐ measuring cup

## Directions

- ☐ Lightly oil and preheat your pan or skillet over medium–low to medium heat.
- ☐ Combine the flour, sugar, baking powder, and salt in a glass measuring cup.
- ☐ Whisk in the almond milk and oil, breaking up any sizable clumps. When your skillet is preheated, pour the batter into the skillet (I do a scant 1/4 cup at a time for manageable dollar pancakes), and let cook until bubbles begin to appear in the top of the batter. Flip and cook for just 1 minute, or until set and lightly golden. Evenly spread a thin layer of nut or seed butter on each pancake and stack (we do about three). If desired, drizzle with maple syrup, or top with other suggestions in the post above.

## Nutrition Facts



## Properties

Glycemic Index:70.7, Glycemic Load:3.3, Inflammation Score:-5, Nutrition Score:12.57086955594%

## Nutrients (% of daily need)

Calories: 326.39kcal (16.32%), Fat: 20.37g (31.33%), Saturated Fat: 7.88g (49.27%), Carbohydrates: 33.67g (11.22%), Net Carbohydrates: 29.13g (10.59%), Sugar: 4.25g (4.72%), Cholesterol: 30.1mg (10.03%), Sodium: 508.09mg (22.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.64%), Manganese: 1.63mg (81.37%), Selenium: 24.89µg (35.55%), Calcium: 234.58mg (23.46%), Phosphorus: 189.98mg (19%), Fiber: 4.53g (18.14%), Magnesium: 55.62mg (13.91%), Vitamin B1: 0.2mg (13.43%), Vitamin E: 1.83mg (12.23%), Vitamin B3: 1.99mg (9.94%), Iron: 1.67mg (9.26%), Copper: 0.16mg (8.23%), Vitamin B6: 0.16mg (8.16%), Vitamin A: 353.46IU (7.07%), Zinc: 1.05mg (7.02%), Vitamin K: 6.73µg (6.41%), Folate: 18.02µg (4.51%), Potassium: 149.06mg (4.26%), Vitamin B2: 0.07mg (4.21%), Vitamin B5: 0.26mg (2.57%)