

Vegan Pancakes

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Prep time: 10 minutes

Cook time: 15 minutes

Yield: 16 pancakes

No milk / No eggs / No soy / No fish / No peanuts

Ingredients:

- 2 cups all-purpose flour
- 3 Tablespoons sugar
- 2 Tablespoons baking powder
- ½ teaspoon salt
- ¼ cup canola oil
- 2 cups unsweetened almond milk
- 1 Tablespoon coconut oil or non-stick cooking spray



Instructions:

1. Wash hands with soap and warm water.
2. Preheat griddle to 325°F.
3. In large bowl, whisk flour, sugar, baking powder, and salt.
4. Add oil and milk to flour mixture. Whisk until evenly combined, taking care not to over-stir.
5. Lightly grease griddle with coconut oil or non-stick cooking spray.
6. Use a ¼ cup measure to pour each pancake on the griddle.
7. Flip pancakes once edges form, the base is a golden brown, and the surface is no longer forming new bubbles.
8. Cook for 1-2 more minutes, until pancakes are cooked through and golden brown on the second side. Remove from the griddle and serve!

To Freeze:

Allow pancakes to cool and then place in freezer bag or food saver pouch. Carefully remove air from freezer bag before sealing or use a food saver vacuum. Pancakes can also be frozen in a glass, freezer-safe container if pancakes have cooled to room temperature before freezing. Label container and freeze up to three months.

To reheat, bake frozen pancakes at 300°F for 8-10 minutes.