



FANIMAL
RECIPES



SIMPLE VEGAN PANCAKES

TOTAL TIME: 20 MIN

- 1 cup whole wheat flour*
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1 cup almond milk or dairy-free milk of choice
- 2 tablespoon olive oil or melted coconut oil
- 2 tablespoon maple syrup or sugar of choice
- 1 teaspoon pure vanilla extract
- More oil to grease your pan/skillet, if necessary

Photo Credit: Cookie and Kate

- 1** In a mixing bowl, whisk together the flour, baking powder and salt. In another mixing bowl, whisk together the milk, oil, maple syrup and vanilla extract until thoroughly blended.
- 2** Pour the liquid mixture into the dry mixture. Stir until combined, so only a few lumps remain (don't over-mix). If you'd like to mix in any optional add-ins (like chocolate chips or blueberries), gently fold them in now. Let the batter rest for 5 minutes.
- 3** Meanwhile, if you're using an electric skillet, heat it to 350 degrees. Otherwise, heat a heavy cast iron skillet or nonstick griddle over medium-low heat. Once the surface of the pan is hot enough that a drop of water sizzles on contact, your pan is ready. If necessary, lightly oil the cooking surface with additional oil or cooking spray
- 4** Using a 1/4-cup measure, scoop the batter onto the skillet. Cook for 2 to 3 minutes until small bubbles form on the surface of the pancakes. When about 1/2-inch of the perimeter is matte instead of glossy, flip the pancake. Cook on the opposite sides for 1 to 2 minutes, or until golden brown.
- 5** Repeat the process with the remaining batter, adding more oil as needed.

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