

Perfect Vegan Pancakes (or Waffles)

<u>Single</u>	<u>Multiple</u>	
1 Cup	2 Cup	All Purpose Flour (can use whole wheat)
1 Tsp.	2 Tsp.	Sugar
1 Tsp.	2 Tsp.	Baking Powder
1/4 Tsp.	1/2 Tsp.	Baking Soda
1/4 Tsp.	1/2 Tsp.	Salt
1 Tbsp	2 Tbsp	Ground Flax Seed
1 Cup	2 Cup	Non-Dairy Milk (Coconut Mild Preferred)
1 Tsp.	2 Tsp.	Apple Cider Vinegar
1 Tbsp	2 Tbsp	Coconut Oil



- ☐ Add dry ingredients to bowl
- ☐ Add non-dairy milk, vinegar and coconut oil to bowl
- ☐ Using hand whisk, mix only sufficiently to combine ingredients. It is OK to have lumps in the batter. Add non-dairy milk if too thick.
- ☐ Add to a hot pan or waffle iron.
- ☐ Serve immediately.

Yield: Single: 6 x 4 inch pancakes or 4 square waffles., Multiple: 12 x 4 inch pancakes or 3 round waffles.

Comments: 1) **Over mixing is your enemy.** This is the most common mistake. When wheat flour is mixed too much, it stresses the gluten and leads to tough, gummy, terrible pancakes. Seriously, a few swirls to incorporate the wet & dry ingredients is enough. You want to leave lots of lumps in your batter.

2) **Hot pan!** The pan must be very hot for pancakes to come out right. If you add the batter into a mildly-warm pan, they will be undercooked and gummy. If you don't hear a sizzle the moment the batter hits the pan, you're in trouble.

3) **Wait for those bubbles.** When making pancakes, if you get the batter and temperatures right, you should see bubbles on the surface at around the 2-minute mark. Then flip and cook for 1.5 minutes on the other side.

4) **Keep them warm.** When making pancakes for the whole family, it can be tough to keep them all warm since you can only make 2-3 at a time. Add a cooling rack to the oven and warm it to 150-200° F. As the first batches are finished, pop them in the oven to stay warm.