Vegan Pancakes

**Prep time:** 5 minutes  
**Cook time:** 10 minutes

**Ready in:** 15 minutes  
**Serving Size:** 2 servings (yields 6-8 cakes)

**Ingredients:**
- 1 cup wheat flour
- 1 tbsp white sugar
- 1 tbsp baking powder
- 1/8 tsp salt
- 1 cup soy milk
- 2 tbsp vegetable oil

**Directions:**
1. Combine the flour, sugar, baking powder, and salt into a large bowl.
2. Mix the soy milk and oil together in a small bowl.
3. Make a well in the center of the dry ingredients and pour in the wet ingredients. Stir until smooth and blended.
4. Heat a lightly oiled griddle over medium-high heat. Drop the batter by large spoonfuls (1/4 cup) onto the griddle and cook until bubbles form and the edges are dry. (About 3 min.)
5. Flip and cook until browned on the other side (about 2 min.). Repeat with the remaining batter.

**Tip:** Soy Milk comes from soybeans that are processing into soy protein. Soy is used to help lower high cholesterol, high blood pressure, prevent diseases of the heart and blood vessels as well as many other cancers and diseases. It can also help with constipation, diarrhea, improving memory and treating muscle soreness caused by exercise.

**Nutrition Facts (per serving):**
- Calories: 134
- Fat: 6g
- Cholesterol: 0mg
- Sodium: 74mg
- Carbohydrate: 19g
- Fiber: 3g
- Sugar: 2g
- Protein: 4g

Attributed to allrecipes.com, food.com, and about.com/vegetarian. food

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