

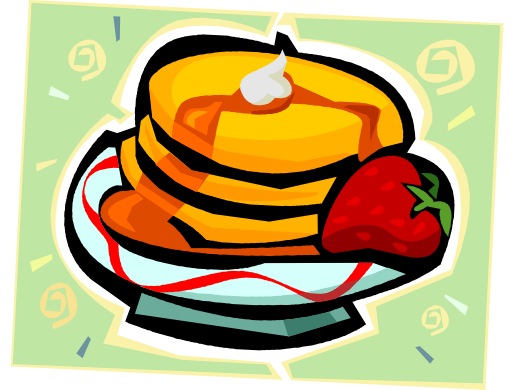
Vegan Pancakes

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
- 1/8 tsp salt
- 1 tbsp white sugar
- 1 cup soy milk
- 1 tbsp baking powder
- 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

Carbohydrate: 19g

Fat: 6g

Fiber: 3g

Cholesterol: 0mg

Sugar: 2g

Sodium: 74mg

Protein: 4g

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

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