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Fluffy Vegan Pancakes *

Fluffy vegan pancakes are a delicious and healthy breakfast option. They are made without any animal products, making them suitable for vegans. These pancakes are light, fluffy, and packed with flavor. They are perfect for a lazy Sunday morning or a special brunch with friends and family.

Recipe Type: Vegan Prep Time: 10 mins

Cook Time: 15 mins Total Time: 25 mins

Recipe Yield: 300 grams Number of Servings: 4

Serving Size: 75 g

Ingredients

| 200 g | All-Purpose Flour |
|------------|-------------------|
| 2 tsp | baking powder |
| 1 teaspoon | Salt |
| 2 tbsp | Sugar |
| 1 c | almond milk |

1 tablespoon

1 teaspoon vanilla extract

2 vegetable oil
tablespoon

Directions

Step 1

In a large mixing bowl, whisk together the flour, baking powder, salt, and sugar.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

In a separate bowl, whisk together the almond milk, apple cider vinegar, vanilla extract, and vegetable oil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stirring

Pour the wet ingredients into the dry ingredients and stir until just combined. Be careful not to overmix.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Resting

Let the batter rest for 5 minutes to allow the baking powder to activate.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Heating

Heat a non-stick skillet or griddle over medium heat. Lightly grease with vegetable oil.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Cooking

Pour 1/4 cup of batter onto the skillet for each pancake. Cook until bubbles form on the surface, then flip and cook for another 1-2 minutes until golden brown.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Cooking

Repeat with the remaining batter.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Serve the pancakes warm with your favorite toppings such as maple syrup, fresh fruits, or vegan whipped cream.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 210 kcal

Fat: 5 g

Protein: 4 g

Carbohydrates: 36 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------------|--------------------------------|
| Protein | 4 g | 23.53% | 23.53% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------------|--------------------------------|
| Carbohydrates | 36 g | 65.45% | 72% |
| Fibers | 2 g | 5.26% | 8% |
| Sugars | 3 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------------|--------------------------------|
| Monounsaturated Fat | 2 g | N/A | N/A |
| Saturated Fat | 0 g | 0% | 0% |
| Fat | 5 g | 17.86% | 20% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------------|--------------------------------|
| Vitamin A | 0 iu | 0% | 0% |
| Vitamin C | 0 mg | 0% | 0% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 0 mg | 0% | 0% |
| Vitamin D | 0 mcg | 0% | 0% |

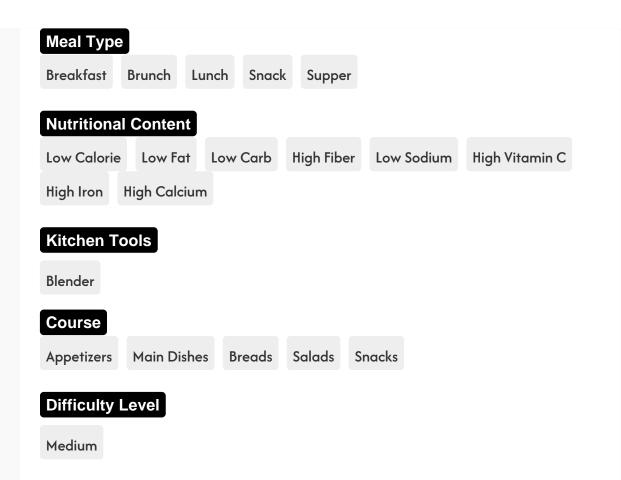
Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------------|--------------------------------|
| Sodium | 400 mg | 17.39% | 17.39% |
| Calcium | 100 mg | 10% | 10% |
| Iron | 2 mg | 25% | 11.11% |
| Potassium | 80 mg | 2.35% | 3.08% |
| Zinc | 0 mg | 0% | 0% |
| Selenium | 0 mcg | 0% | 0% |

Recipe Attributes

Seasonality

Spring Summer



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