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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 apple cider vinegar

1 teaspoon vanilla extract

2
tablespoon vegetable oil

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

Meal Type

Breakfast

Brunch

Lunch

Snack

Supper

Nutritional Content

Low Calorie

Low Fat

Low Carb

High Fiber

Low Sodium

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Course

Appetizers

Main Dishes

Breads

Salads

Snacks

Difficulty Level

Medium

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