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Super Pancakes ♦

Super Pancakes are a delicious breakfast option that can be enjoyed by everyone. They are fluffy, flavorful, and perfect for starting your day off right. These pancakes are made with a special blend of ingredients that make them extra tasty and nutritious. Whether you're vegan, vegetarian, or neither, you'll love these Super Pancakes!

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	All-Purpose Flour
2 tsp	baking powder
0.5 tsp	Salt
2 tbsp	Sugar
350 ml	almond milk

1 tbsp	Apple Cider Vinegar
2 tbsp	vegetable oil
1 tsp	Vanilla Extract

Directions

Step 1

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

In a separate bowl, combine the almond milk and apple cider vinegar. Let it sit for a few minutes to curdle.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Add the curdled almond milk, vegetable oil, and vanilla extract to the dry ingredients. Stir until just combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Heat a non-stick pan or griddle over medium heat. Pour 1/4 cup of batter onto the pan for each pancake. Cook until bubbles form on the surface, then flip and cook for another 2-3 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 3 g

Carbohydrates: 23 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	3 g	17.65%	17.65%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	23 g	41.82%	46%
Fibers	1 g	2.63%	4%
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	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	200 mg	8.7%	8.7%
Calcium	8 mg	0.8%	0.8%
Iron	8 mg	100%	44.44%
Potassium	70 mg	2.06%	2.69%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Kitchen Tools

Blender

Mixer

Oven

Stove

Difficulty Level

Medium

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