

Fun Cooking Together

From the child-tested and approved cookbook:

Helen Doron's Healthy & Delicious Exciting Recipes for the Whole Family

Light and Fluffy Pancake



A scrumptious snack or weekend breakfast treat!



25
min



10
medium
pancakes

Ingredients

- 1 cup plain flour (128g)
- 1 tablespoon baking powder
- 3 tablespoons granulated sugar (more or less according to taste)
- Pinch of salt
- 1 cup of non-dairy milk such as almond, soya, coconut, oat or rice (240 ml)
- 1 tablespoon coconut oil
- 1 teaspoon vinegar (apple cider recommended)
- 1 teaspoon cinnamon
- Coconut oil
- Optional: Maple syrup, fresh berries and crushed pecans or walnuts

Method

1. In a large bowl, mix the flour, baking powder, granulated sugar and salt.
2. In a medium sized bowl, combine the non-dairy milk, oil, vinegar and cinnamon.
3. Add liquid ingredients to the dry ingredients and mix until just combined; do not overmix!
4. Warm some coconut oil in a griddle or cast iron pan on medium heat.
5. Spoon 1/4 cup of batter (or desired amount for pancake size) and heat until bubbles begin to form.
6. Flip and cook the opposite side for 1-2 minutes.
7. Serve with maple syrup and berries or your choice of topping and fresh fruit.