

Pancakes | Egg & Dairy-Free

Swick

Serves 4 | Active Time: 15 minutes | Total Time: 20 minutes

Step 1: Mixing the Dry Ingredients

- 2 cups all-purpose flour
- 2 tbsp baking powder
- 2 tbsp sugar
- 1/4 tsp sea salt

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

*If you have griddle or flat top, then preheat it to medium-high.

Step 2: Mixing the Wet Ingredients

- 1 3/4 cups non-dairy milk
- 2 tsp fresh lemon juice (or vinegar)
- 1/2 cup apple sauce*
- 2 tbsp canola or vegetable oil

In a separate bowl, whisk together the non-dairy milk and lemon juice. Let sit for 10 minutes.

Next, combine together the non-diary milk mixture, apple sauce and oil.

*Note: If you do not have apple sauce, either mash up 1/2 a banana or use flax eggs instead. If using flax eggs, the pancakes will be a bit heavier. To make flax eggs, mix together 2 tablespoons of flax meal with 6 tablespoons of water.

Step 3: Mixing the Batter & Cooking the Pancakes

- 1 to 2 tsp canola or vegetable oil

To mix the batter, first push the dry ingredients to one side of the bowl and then pour the wet ingredients into the opposite side.

Then slowly incorporate the dry ingredients into the wet. As soon as the batter comes together, stop mixing.

Let the batter sit for about 5 minutes. The batter will thicken slightly as it sits. Do not remix once the baking powder has started to react.

Before you start cooking, make sure your griddle is nice and hot. If you do not have a griddle, then preheat a fry pan (preferably non-stick) to medium or medium-high.

Once hot, ladle about 1/2 to 1 cup of batter onto the griddle. Let the pancakes cook until you start to see bubbles break the surface.

Then flip and continue to cook on the other side. It should take about 3 to 5 minutes to cook the pancakes, but this will depend on your heat source, and how thick your pancakes are.

Step 4: Serving the Pancakes

To serve the pancakes, stack 2 or 3 onto a plate, coating each of them with some non-dairy butter as you stack them (if desired). Drizzle with maple syrup and serve immediately.

Alternatively, top with your favorite fruit compote and drizzle with some Vanilla Cashew Cream.