

# Perfect Pancakes

Source: Your Body in Balance by Neal Barnard, MD; recipe by Lindsay S. Nixon

These pancakes are always a crowd-pleaser!

## About the Recipe

**194 Calories • 5 g Protein • 2 g Fiber**  
**Breakfast**

## Ingredients

***Makes 4 Servings***

- 1 c (120 g) flour
- 1 tbsp (15 mL) baking powder
- 1/2 tsp (2.5 mL) ground cinnamon
- 1 c (240 mL) low-fat nondairy milk
- 2 tbsp (30 mL) pure maple syrup
- 1 banana, sliced (optional) *\*optional*
- 1 c (148 g) blueberries (optional) *\*optional*

## Directions

1. Whisk flour, baking powder, and cinnamon in a medium bowl until well combined. Stir in milk and maple syrup (can substitute applesauce or pumpkin puree). Let batter rest for 10 minutes.
2. Meanwhile, heat a nonstick skillet. Check batter. If it's very thick and heavy, add more milk as needed to thin. Pour 1/4 c (60 mL) of batter for each pancake. When bubbles appear, slide a spatula underneath and gently flip. Optional: Add banana slices or berries into the batter. Cook another 2-3 minutes.
3. Serve pancakes with syrup, if desired. If you haven't already added the fruit to the batter, serve the fruit on top.

4. Note: Use multiple kinds of berries for added colors and textures. Just be sure to slice them if they are large as in the case of strawberries.

## Nutrition Facts

*Per pancake (1/4 of recipe):*

**Calories:** 174 kcal

**Fat:** 1 g

**Saturated Fat:** <0.5 g

**Calories From Fat:** 4%

**Cholesterol:** 0 mg

**Protein:** 4 g

**Carbohydrates:** 38 g

**Sugar:** 6 g

**Fiber:** 2 g

**Sodium:** 395 mg

**Calcium:** 296 mg

**Iron:** 2.3 mg

**Vitamin C:** 0 mg

**Beta-Carotene:** 0 mcg

**Vitamin E:** 0 mg