Perfect Pancakes

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

Find this recipe and more in Your Body in Balance by Neal Barnard, MD!

About the Recipe

194 Calories · 5 g Protein · 2 g Fiber
Breakfast

Ingredients

Makes 4 Servings

- flour (1 cup)
- baking powder (1 tbsp.)
- ground cinnamon (1/2 tsp.)
- plain soy, almond, or other plant milk (1 cup)
- pure maple syrup (2 tbsp.)
- banana, sliced (1)
- berries (1 cup)

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 cup of batter for each pancake. When bubbles appear, slide a spatula underneath and gently flip. Optional: Add banana slices or berry slices. 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.
Nutrition Facts

Per pancake (1/4 of recipe)

Calories: 194
Protein: 5 g
Carbohydrate: 41 g
Sugar: 12 g
Total Fat: 1 g
  Calories from Fat: 6%
Fiber: 2 g
Sodium: 396 mg