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