

## EASY WEEKEND MORNING PANCAKES

Serves: ~3-4

### ingredients

1 cup unsweetened non-dairy milk  
1 teaspoon apple cider vinegar  
1 tablespoon ground flaxseed  
3 tablespoons water  
1 ¼ to 1 ½ cup whole wheat pastry flour  
1 teaspoon granulated sugar  
1 teaspoon baking powder  
1/4 teaspoon baking soda  
1/4 teaspoon salt  
1 tablespoon olive or canola oil

### directions

To start, heat your pan to medium-high heat. (We use a griddle and heat to 350 degrees.)

In a liquid measuring cup, add the almond milk and apple cider vinegar. Give it one little stir. Set aside. (This creates a "buttermilk".)

In separate little dish, add the ground flaxseed and water. Let it sit for 5-minutes. (This creates a "flax egg".)

In a medium bowl, add 1 ¼ cup flour, sugar, baking powder, baking soda, and salt. Mix together. If the batter is still pretty runny, consider adding an additional ¼ cup.

In a separate bowl, add the "buttermilk" and oil together. After the 5 minutes are up for the "flax seed", add the flax and water mixture to the "buttermilk" and oil.

Next, add the liquid measurements to the dry measurements. Mix until just combined--it is important to ensure you do not overmix. A few lumps are just fine. If the batter is pretty liquidy, you can consider adding



up to an additional ¼ cup flour--this will help make the pancakes fluffier!

<Fold in blueberries here if you want blueberry pancakes!>

To cook the pancakes, depending on your pan of choice, you may need to add a small amount of oil to prevent sticking. Add approximately 1/4 cup of batter for each pancake. Cook for about 2 minutes on each side, or until golden brown. Repeat until the batter is gone. Top with your favorite toppings and enjoy!

*Tip:* We preheat our oven to 170 degrees to keep the completed pancakes warm while the rest cook.



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