

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 tsp baking powder
 - 2 tsp 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-dairy 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.