

Vegan Pancakes

Serves 4 - 6

INGREDIENTS:

- 1/2 Cup Oatmeal
- 1 1/2 Cup Unbleached Flour
- 2 Tablespoons Baking Powder
- 2 Tablespoon Flaxseed meal
- 1/2 teaspoon Salt- (optional)
- 1 Banana, Mashed
- 2 Cup Soy or Almond Milk
- 2 Tablespoons Maple Syrup + more to add when serving
- 1/3 Cup Blueberries (optional)

Recipe and Photo by Stefen Janke/Plant Punk Kitchen



DIRECTIONS:

1. Add Oatmeal to a blender or food processor. Blend until you've made oat flour.
2. Add the wheat flour, baking powder, flaxseed meal and salt together in the blender. Pulse to combine.
3. Add the bananas and non-dairy milk & Maple Syrup and mix again.
4. Stir in the blueberries.
5. Heat a non-stick griddle over medium heat. Pour mixture by 1/4 cup measure onto the heated griddle. Flip to turn over when bubbles start to appear on the surface of each pancake. Cook until brown on both sides. Repeat until all mixture has been used.
6. Enjoy with warm Maple Syrup

HINT: We make this in a high speed blender and add the blueberries to each pancake individually. This helps with clean up as you've only the blender to clean. However, making this in a bowl will work as well.