

SERVES 10

Sugar-Free Vegan Protein Pancakes

(Vegan & Diabetes Friendly)

Isabellemckenzie.com | total time: 15 minutes



INGREDIENTS

- 2 teaspoons apple cider vinegar
- 1 cup of non-dairy milk of choice
- 1 cup all-purpose flour
- ½ cup [Naked Nutrition Pea Protein Powder](#)
- ½ teaspoon salt
- 2 tablespoons of Lakanto monk fruit sweetener or sweetener of choice
- 1 tablespoon baking powder
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INSTRUCTIONS

1. In a small mixing bowl, whisk milk choice and apple cider vinegar and set aside. In a separate large mixing bowl, whisk together the dry ingredients.
2. Stir the milk mixture into the dry ingredient bowl until a thick pancake batter forms. It should be thick and there should be no lumps.
3. Warm a pancake griddle or pan greased with a tiny bit of coconut oil over medium heat. Scoop 2 to 3 tablespoons worth of pancake batter per pancake cooking for roughly 2-3 minutes, flipping halfway through, or until both sides are golden brown. Serve warm.

If you give this recipe a go, don't forget to tag me on Instagram @itsisabellem and using hashtag #cookingwithisabelle

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