

# Light & Fluffy Pancakes

A scrumptious snack or weekend breakfast treat!



## INGREDIENTS

1 cup plain flour (128g)

1 tablespoon baking powder

3 tablespoons granulated sugar  
(more or less according to taste)

Pinch of salt

1 cup of non-dairy milk such as almond, soya, coconut, oat or rice (240ml)

1 tablespoon coconut oil

1 teaspoon vinegar  
(apple cider recommended)

1 teaspoon cinnamon

Coconut oil

Optional: Maple syrup, fresh berries and crushed pecans or walnuts

## METHOD

- 1 In a large bowl, mix the flour, baking powder, granulated sugar and salt.
- 2 In a medium sized bowl, combine the non-dairy milk, oil, vinegar and cinnamon.
- 3 Add liquid ingredients to the dry ingredients and mix until just combined; do not overmix!
- 4 Warm some coconut oil in a griddle or cast iron pan on medium heat.
- 5 Spoon  $\frac{1}{4}$  cup of batter (or desired amount for pancake size) and heat until bubbles begin to form.
- 6 Flip and cook the opposite side for 1-2 minutes.
- 7 Serve with maple syrup and berries or your choice of topping and fresh fruit