

Pancake/Waffle Mix

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 6-8

Ingredients	Quantity	Measure
Vegetable oil	2	tablespoons
Sugar, granulated	2	tablespoons
Vanilla	1	teaspoon
Non-dairy milk, preferably soy or almond	1	cup
Water	1	cup
Self-rising flour	2	cup

Preparation

1. Whisk vegetable oil, sugar, vanilla, water and milk together.
2. Add flour.
3. Blend ONLY until all dry ingredients are wet. Do not overmix—the batter should be lumpy.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 160 Total Fat: 4g Saturated Fat: 0.3g Monounsaturated Fat: 2.3g Polyunsaturated Fat: 1.3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 27g Fiber: 1.2g Total Sugar: 4.3g Protein: 3g Sodium: 336mg Vitamin A: 0µg Vitamin C: 0mg Calcium: 88mg Iron: 1.5mg Folate: 5µg

