

## **VEGAN FLUPPY PANCAKES or WAFFLES**

### **Ingredients**

for 4 servings

- 1 cup flour
- 2 tablespoons organic sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 cup non-dairy milk (rice preferred)
- 1 tablespoon apple cider vinegar
- 1 teaspoon vanilla
- maple syrup, to serve

### **Preparation**

- In a medium bowl, add the flour, sugar, baking powder, and salt, and stir to combine.
- In a medium bowl or liquid measuring cup, add non-dairy milk, apple cider vinegar, and vanilla, and stir to combine
- Pour the liquid mixture into the dry mixture and whisk until smooth.
- Let batter rest for 5 minutes.
- Pour about ½ cup (65 grams) of batter onto a nonstick pan or griddle over medium heat.
- When the top begins to bubble, flip the pancake and cook until golden.
- Serve warm with maple syrup.

\*add more non-dairy milk if needed for consistency.

