

Never Drive Impaired Pancakes

Here's a fun, delicious, and responsible "Never Drive Impaired" Pancake Recipe featuring multiple variations to suit all tastes! These pancakes come with a friendly reminder: Enjoy responsibly, never drive impaired, and make choices that keep you and others safe!

Base Pancake Batter (Fluffy & Delicious)

Ingredients

1 cup all-purpose flour
(or see wheat alternatives below)

1 tablespoon sugar

1 teaspoon baking powder

½ teaspoon baking soda

¼ teaspoon salt

¾ cup milk (or oat/almond milk
for dairy-free)

1 egg (or flax egg for vegan: 1 tbsp
flaxseed meal + 2.5 tbsp water)

2 tablespoons melted butter or oil

1 teaspoon vanilla extract

Directions

In a bowl, whisk together dry ingredients.

In another bowl, mix wet ingredients.
Combine both, stirring until mixed
(lumps are okay!).

Heat a pan over medium heat, grease
lightly, and pour batter.

Flip when bubbles form, cook as desired
until golden or golden brown.

Variations

(Combine and Add Other Ingredients as Desired,

A lot can go into a Pancake, sort of like all the ways
there are to Never Drive Impaired and get everybody home safe!)

Kiwi Pancakes – "Stay Sharp, Stay Safe"

Add sliced kiwi on top before flipping.

Encouragement: Kiwis keep your brain sharp—so should you! Never drive impaired

Oatmeal Alternative: Stir in ½ cup oats for extra fiber.

Banana Pancakes – "Think Before You Peel Out"

Mash ½ a banana into the batter.

Encouragement: Bananas are great fuel, but make sure
you're road-ready! No driving under the influence.

Oatmeal Alternative: Swap ¼ cup flour for ¼ cup oats.

Chocolate Chip Pancakes – "Sweet Choices Keep Us Safe"

Add ¼ cup dark chocolate chips to the batter.

Encouragement: Life is sweet—don't spoil it with bad choices. No impaired driving!

Oatmeal Alternative: Use ½ oat flour, ½ regular flour.

Cranberry Pancakes – "Tart Reminder: Call a Ride!"

Fold in ¼ cup dried or fresh cranberries.

Encouragement: A little tartness is good; making bad decisions isn't. Call a ride!

Oatmeal Alternative: Add ½ cup cooked oatmeal for richness.

Rhubarb Pancakes – "Brave Choices, Not Reckless Ones"

Call Home and Stay Where You Are, Even if Drinking
or Cannabis Might Put You in Trouble the Next Day!

Stir in ¼ cup finely diced rhubarb.

Encouragement: Being adventurous is great,
but not on the road—sober and straight.

Coconut Pancakes – "Stay Cool, Stay Smart"

For a tropical twist that reminds you to stay chill and make
responsible choices!

Swap ½ cup flour for ½ cup coconut flour (or use all-purpose
flour for a milder coconut flavor).

Use coconut milk instead of regular milk.

Add ¼ cup shredded coconut (toasted for extra flavor,
optional).

(Optional) Add ¼ cup almond flour for a nutty boost.

Encouragement:

Coconuts keep you cool—just like making smart choices.
Stay sober, stay safe!

Oatmeal Alternative

Stir in ½ cup oats or replace ¼ cup flour with oat flour for a
hearty version.

Watermelon Pancakes – "A Refreshing Choice for Fun!!"

Cook pancake as usual.

Before first flipping, place a circle, triangle or square
slice of watermelon into the middle.

Flip and cook until set.

Encouragement: Refreshing and unique—just like
making the right choice to never drive impaired!

No matter how you enjoy these pancakes, always
remember: Stay safe, stay responsible, and never drive
under the influence of alcohol or cannabis. Make the
only choice—because life is life and is too sweet to risk!

Flour Varieties/Alternatives

Oatmeal Alternative: Mix in oat flour for a wholesome twist.

Alternative Flour Options for All Variations:

Whole Wheat Flour – Heartier texture, more fiber.

Oat Flour – Nutty flavor, extra filling.

Flaxseed Meal – Great for digestion and a nutty taste.

Almond Flour – Light, slightly sweet, and protein-packed.

Coconut Flour – Low-carb option, but absorbent—add extra liquid!

Need a ride? Call a friend, use public transit, or plan ahead.

www.NeverDriveImpaired.ca