

SOY PANCAKES

Makes 12

1 Tablespoon light cooking oil (sunflower, safflower, corn)
1 cup Vermont Soy Vanilla, Original or Unsweetened soymilk
1 teaspoon apple cider vinegar
1 cup whole wheat pastry flour
1/4 teaspoon sea salt
2 teaspoons baking powder

Combine wet and dry ingredients separately. Stir wet mixture into dry ingredients until the batter is just moistened and a bit lumpy.

Heat a skillet or griddle over medium heat. Coat the griddle with a little oil. Spoon 1/4 cupfuls of batter onto the hot griddle for each pancake. Cook until bubbles appear on the top of the pancake (2 or 3 minutes). Turn the pancakes and cook until lightly browned and cooked through, about 1 minute.

For Buckwheat pancakes

Substitute 1/4 cup buckwheat flour for 1/4 cup of pastry flour.



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