Vegan Veggie Pancakes

These tasty flap-jacks use vegetables and cinnamon for a healthy twist and a fabulous flavor! Try them with our Better Berry Syrup.

Serves 4

Ingredients

- 1 cup whole wheat pastry flour
- 2 tablespoons sugar
- 1½ teaspoons baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- 1 cup non-dairy milk (ex. soy or almond milk)
- 1 teaspoon vanilla extract
- 1 tablespoon oil
- ½ cup grated zucchini or carrot

Nutrition Facts

Serving Size 3 Pancakes
Servings Per Recipe 4

Amount Per Serving

Calories 260	Calories from Fat 60
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 520mg	**22%**
Total Carbohydrate 45g	**15%**
Dietary Fiber 6g	**24%**
Sugars 12g	
Protein 5g	

Vitamin A 4% • Vitamin C 10%
Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

Directions

1. In a large bowl combine flour, sugar, baking powder, cinnamon, and salt.
2. In a separate bowl, whisk together non-dairy milk, vanilla, and oil.
3. Add wet ingredients to dry ingredients, stirring until well combined.
4. Mix in shredded zucchini or carrot.
5. On a griddle heated to medium-high, measure ¼ cup of batter for each pancake.
6. Pancakes are ready to flip when bubbles appear and edges look solid. Flip and cook the other side for 1-2 minutes.
7. Top with syrup, peanut butter, applesauce, yogurt, fruit or your favorite topping.

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