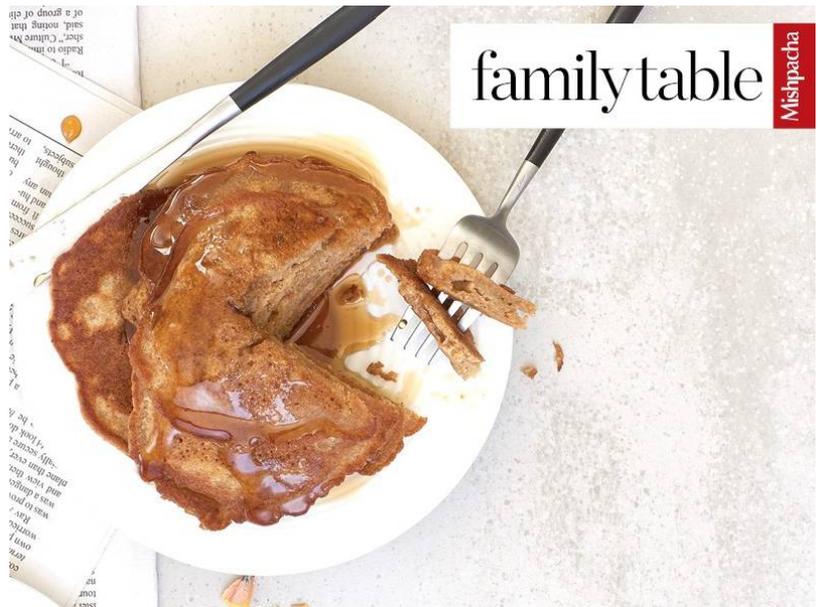


Popular Pancakes

Recipe By *Brynie Greisman*



Cooking and Prep: 
1.5 h

Serves:  16

Contains:    

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Pescetarian

Source: Family Table by
Mishpacha Magazine

Here's a parve, healthier version of the classic pancake, with an option for a filled pancake, as well. Send along a few of these with your child, together with a small plastic container filled with natural maple syrup. A few blueberries in a Ziploc bag are a welcome accompaniment, too. Your child will smile all day long! Recipe doubles easily.

Ingredients (14)

Main ingredients

- 1 tablespoon vinegar
- 3/4 cup **Gefen Soy Milk** (plain or vanilla)
- 1 cup minus 1 tablespoon **Shibolim Whole Wheat Blend** or other whole wheat pastry flour
- 1 tablespoon wheat germ
- 2 tablespoons light brown sugar
- 1 teaspoon baking powder

- 1/2 teaspoon baking soda
 - 1 teaspoon Gefen Vanilla Extract
 - 1/4 teaspoon salt
 - 1 egg
 - 1 and 1/2 tablespoons oil
 - a pinch or 3 of cinnamon
 - 1/4–1/2 a large green apple, peeled and grated (*optional*)
 - confectioners' sugar (*optional*)
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Start Cooking

Prepare the Pancakes

1. Place vinegar in a 1-cup measuring cup. Add soy milk and let sit for a few minutes until mixture curdles. Pour into a large bowl.
2. Heat a large nonstick frying pan over medium heat and coat with cooking spray.
3. Pour 1/8-cupfuls of batter into the frying pan, and cook until bubbles appear on the surface, about three minutes. Flip and cook until browned on the other side, an additional three minutes.
4. Continue until all the batter is finished. When cooled slightly, sprinkle with confectioners' sugar if desired.

Note:

Pancakes can be fried in a bit of oil. However, if you use a nonstick frying pan, spraying once with cooking spray is sufficient.

Tip:

To make filled pancakes, prepare batter as above, sans apples. Use an eighth-cup measuring cup and pour batter onto hot frying pan. When beginning to bubble, carefully place a spoonful of grated apples in the center of each pancake. You can add a bit more cinnamon and sugar, too, if desired. Quickly cover with another eighth-cup batter and carefully flip over to continue cooking on other side. You can gently press down with a spatula to ensure even cooking.

This will yield 8 filled pancakes. You can also fill with a few fresh blueberries, a dollop of jam, or some grated dark chocolate

Variation:

To make these even more nutritious, replace another tablespoon of flour with ground flaxseed or oat bran. Pancakes get brown from cooking anyway, and nobody will know.