

SPICED PANCAKES (VEGAN FRIENDLY)



Tags: [Pitta](#), [Spring](#), [Summer](#)

Prep Time: 5 Min

Cook Time: 10 Min

Serves: 4-6

Directions:

1. In a large bowl, whisk together all dry ingredients; flour, baking soda and powder, salt and spices.
2. Add almond milk (more for thinner pancakes or less for thicker), ghee, and vanilla. Mix until smooth.
3. In a large skillet over medium-low heat, heat oil. Using a 1/4 cup measure, pour batter into pan. Cook 2 to 3 minutes, and flip when you see bubbles forming around the edges of the pancakes. Cook 2 to 3 minutes more on the opposite side, until golden. (If making a large batch, preheat oven to 200° and place prepared pancakes on a baking sheet in the oven to keep warm).
4. When all batter has been used, serve with sweetener of your choice (honey, maple syrup, preserves) and toppings of your choice (rose petal granola, shredded coconut, roasted nuts or seeds). I personally don't add any sweetener, to me they are sweet enough!

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Ingredients:

2 eggs (can omit if vegan)
1/3 cup melted ghee (coconut oil if vegan)
ghee (or coconut oil) for frying
1 – 1.25 cups homemade almond milk
2 tsp pure vanilla extract
3 tsp cardamom powder
2 tsp cinnamon powder
1/2 tsp salt
2 cups of buckwheat (Kapha + pitta friendly), almond (Vata + pitta friendly), or oat flour (Vata friendly)
2 tsp baking powder (increase to a tbsp if vegan)
1/2 tsp baking soda
2 tbsp honey (sukanat or coconut palm sugar if vegan)
rose petal granola for topping

As a child, weekend mornings were my favorite, especially when my mom or grandma made pancakes! I'd love to help mix and flip the batter. Not much has changed, except the ingredients we use! We love to get our kiddos in the kitchen as often as possible, they love to help, and making pancakes is so fun on a Saturday or Sunday morning when schedules aren't as busy. As a mom, I want to know that there aren't added fillers or unnecessary ingredients in my batter, so we make our own. Spices add a nice flavor but also support digestion. As with any recipe, adjust to your dietary needs. I've included some variations for vegans and various flour options. You can also make this batter the night before and have it ready to go for a weekday treat!

Happy Baking!