

VEGAN PANCAKES

Prep 10 min
Cook 1hr
Serves 4 people

INGREDIENTS

Pancakes

- 160g Organic Plain Flour
- ½ tsp Baking Powder
- 260ml Oat Milk
- 1 tsp Organic Maple Syrup
- 3 Ripe Mashed Bananas
- Knob of Vegan Butter (Vegan Block)

Chocolate Sauce

- 2 Tbsp Essential Hazelnut and Chocolate Spread
- Knob of Vegan Butter (Vegan Block)
- 100ml Oat Milk

METHOD

Mix together all the dry pancake ingredients in a large mixing bowl. Now add and mix in your plant-based milk, bananas and syrup and whisk thoroughly into a smooth pancake batter.

Pick out your favourite pancake frying pan (preferably non-stick) and set your hob to a medium-heat. Add a small knob of butter and wait until it is nice and hot (test with a small drop of batter to make a mini pancake). When ready, ladle in the pancake batter.

Cook for 2-4 minutes and, when bubbles start to appear on the

pancake, check to see the bottom has cooked thoroughly by peaking underneath with a spatula. If golden brown, let the flipping commence!

Finally, when the pancake is sufficiently cooked on each side, in whatever shape or form you've created, start stacking up the pancakes and adding toppings of your choice. Why not try our Essential Hazelnut and Chocolate Spread Sauce? Just add a knob of butter to the pan until melted, then drop in a dollop of the chocolate spread and stir in oat milk until smooth.

