

## Vegan Pancakes

Submitted by Michelle Broussard-Hanes

### Ingredients:

#### Dry Ingredients:

- 1 ¼ cups all purpose whole grain flour
- ½ heaping tsp baking soda
- ¼ tsp of salt
- 1 tsp cloves
- 1 heaping tsp ginger

#### Wet Ingredients:

- 1 ¼ cups vanilla soy milk
- 3 TBSP dark brown sugar
- 1 TBSP vanilla extract
  
- 1 ½ TBSP hot water
- 1 tsp Ener-G Egg Replacer (can be purchased at Kroger or Health Food Stores –look for a yellow box).

### Directions:

Preheat a griddle or skillet to a low heat level. Mix dry ingredients well to ensure baking soda is properly incorporated. Mix vanilla, soy milk, vanilla extract and dark brown sugar together and stir until blended, THEN add to the dry ingredients. Add the hot water to the Ener-G egg replacer and stir well until there are no lumps. Add to pancake batter, mixing well. Raise the flame/heat level to medium and spray griddle with non-stick cooking spray. Cook as you would with typical pancakes, but look for the tiny *bubbles a bit earlier* and flip as soon as you see them (these pancakes cook rather quickly). Wipe off the surface of the griddle/skillet between EACH BACTH and re-spray with new cooking spray. Enjoy!

*”Brethren, the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such there is no law. And those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us have no self-conceit, no provoking of one another, no envy of one another. Brethren, if a man is overtaken in any trespass, you who are spiritual should restore him in a spirit of gentleness. Look to yourself, lest you too be tempted. Bear one another's burdens, and so fulfill the law of Christ.”*

*St. Paul's Letter to the Galatians 5:22-26; 6:1-2*