



VEGAN STRAWBERRY BANANA MINI PANCAKES

INGREDIENTS

Ingredients:

7 – med to large fresh org strawberries
1 – ripe org banana
1 cup (250 ml) – plant-based milk (oat milk used)
1 cup (166.96 g) – org brown rice flour
¼ cup (35.5 g) – org buckwheat flour
1 tbsp (20 g) – pure maple syrup
1 tbsp (10.2 g) – white chia seeds (recommended)
1 tbsp (7.5 g) – corn starch (gluten-free)
1 tbsp (9.5 g) – beetroot powder (optional)
1 tsp (4 g) – baking powder
1 tsp (4.9 ml) – pure vanilla extract
¼ tsp (1.25 g) – salt
Avocado Spray Oil (or coconut oil for coating the fry pan)

Maple Coconut Cream

1 cup (296 g) – org coconut cream
1 tbsp (20 g) – pure maple syrup

PREP TIME: 10 MINS

COOK TIME: 15 MINS

TOTAL TIME: 25 MINS

SERVES: 30-35 MINI PANCAKES

VEGAN

GLUTEN-FREE

NUT FREE

SOY-FREE

REFINED SUGAR-FREE

DIRECTIONS (1)

Tip#1: Use a non-stick fry pan (PFOA-Free recommended)

Tip#2: Bake mini pancakes on low to medium heat. Start on low and adjust as you go.

Step 1

In a high-speed blender, add the following ingredients:

- cleaned strawberries
- peeled ripe banana
- milk
- maple syrup
- chia seeds

Pulse shortly until strawberries and banana are blended but not completely (small chunks of strawberries preferred in the batter). Set aside until mixing the dry ingredients. Resting time will give chia seeds time to gel up in the composition.

Step 2

Add the dry ingredients to a medium bowl and whisk to combine:

- buckwheat flour
- brown rice flour
- corn starch
- baking powder
- salt
- beetroot powder (optional)

Step 3

Add the wet ingredients gradually over the dry ones and whisk to combine. Do not over whisk.

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DIRECTIONS (2)

Step 4

Place your non-stick frypan over the low heat and prepare to scoop the batter with a tablespoon (measuring spoon) or preferred small spoon.

Spray a thin coat of avocado spray on the pan (or using a pastry brush coat pan with coconut oil), and start scooping batter into the pan – up to 4 mini pancakes at the time (depending on your pan size) – leaving approx— 1-inch in between.

Mini pancakes are ready to flip (carefully) once small bubbles are visible on top.

Best to flip quickly using a flat silicone (wide enough) spatula.

Additional spraying of oil (or coating) is optional (once you flip the pancakes). If pancakes tend to stick, do spray on more oil to avoid sticking.

Leave the mini pancakes to cook for up to 1 minute, then carefully move on a platter.

Repeat spraying the fry pan for each new batch of mini pancakes.

Note: If mini pancakes brown up too quickly means that your oven heat is too high – reduce heat as needed so the pancaked won't brown up, but allow time for the batter to cook through.

Step 5

In a small bowl, whisk coconut cream and maple syrup, and serve on top of the warm pancakes.

Serving Suggestion:

Plate desired number of mini pancakes, add maple coconut cream on top, sliced strawberries, and top with crushed walnuts (or preferred nuts).

Notes: Refrigerate the remaining pancakes and consume within max two days.

For heating up, leftover mini pancakes, spread them a baking pan lined up with parchment paper and bake for up to 10 minutes.