



Cut at the line for a 4x6 Recipe Card

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Tofu Pancakes

(Breakfast, None)

Ingredients:

- 1/2 lb tofu, soft
- 1 3/4 cups milk
- 1/4 cup coconut oil, melted
- 3 tbsp maple syrup
- 1/2 tsp vanilla extract, pure
- 1 1/4 cups flour
- 2 tsp baking powder
- 1/4 tsp salt
- 3/4 tsp cinnamon
- 1/4 tsp nutmeg

Directions:

In a blender, liquefy the first five ingredients. In a large bowl, sift together all the dry ingredients. Add the wet to the dry and stir until just combined (do not over mix, a few lumps are OK). Spray a large frying pan with non-stick coating and warm the pan over medium heat. Drop 1/4 cup batter for each pancake and fry them over medium heat until the surface starts to bubble and the edges are beginning to dry. Flip and cook until the pancakes puff up and spring back when lightly poked. Yield: 10-12 pancakes

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