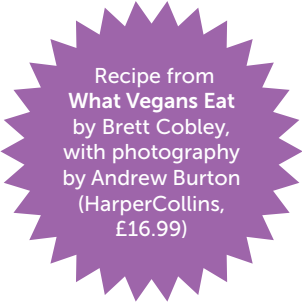


# Pancakes



## Serves 4

150g (1 ¼ cups) plain flour  
1 tsp baking powder  
250ml (1 cup) almond milk  
or rice milk  
2 tbsp maple syrup  
1 tsp vanilla extract  
Pinch of salt  
Oil, for frying



Recipe from  
**What Vegans Eat**  
by Brett Cobley,  
with photography  
by Andrew Burton  
(HarperCollins,  
£16.99)

- 1 Combine the flour and baking powder in a large bowl, then add all the remaining ingredients, except the oil, and mix together with a whisk. You aren't trying to add bubbles here, but a whisk just works best to make the batter nice and smooth.
- 2 Use a brush to apply a thin layer oil to a frying pan set over a low heat. Then add 1 tablespoon of the batter mixture to the pan, keeping it flat and level to make a neat circular pancake.
- 3 Cook for a little over 30 seconds until the pancake is firm enough to slide when you shake the pan, then flip it over and cook for another 30 seconds until both sides are crispy and golden. Keep the pancake somewhere warm while you make the others. Cook the rest of the batter in the same way – you should have between 12 and 16 pancakes.
- 4 Serve with your preferred toppings – my favourite way to serve these beauties is with coconut cream and fresh strawberries.

For more information go to [vegansociety.com](http://vegansociety.com). Our website provides all of the resources needed to make the transition to a vegan lifestyle. Discover more great recipes, find out more about veganism, and begin your vegan journey today!

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### The Vegan Society

Donald Watson House, 34-35 Ludgate Hill, Birmingham, B3 1EH, UK  
Charity No. 279228 (England & Wales) and SC049495 (Scotland).