

Pancakes / Waffle mix

3 cups flour (white whole wheat or gluten-free flours)

1 cup cornmeal

1/2 cup sugar

2 Tablespoons Ener-G egg replacer (just the dry powder)

2 Tablespoons baking powder

3/4 teaspoon baking soda

1/2 teaspoon salt

If you are using gluten-free flours, add 1/2 teaspoon xanthan gum

Mix with a whisk. Store in an air-tight container.

Use about 1/3 cup of dry mix per person for everyone except teenagers, who need 1/2 or 2/3rd of a cup. Mix dry mix with equal parts soy milk and 1 1/2 teaspoon canola oil per 1/3 cup of dry mix. (Always keep canola oil in the fridge so that it stays fresh).

Preheat griddle to 300 F degrees. Flip when tops are still wet but edges are cooked. Cook both sides until golden brown.

See more vegan recipes at www.truthaboutnursing.org/vegan