

Pancake/Waffle

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 6-8 Servings

Ingredients	Qty	Measure
Vegetable oil	2	Tbsp
Sugar	2	Tbsp
Vanilla extract	1	tsp
Soy or almond milk	1	Cup
Water	1	Cup
Self-rising flour	2	Cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Whisk vegetable oil, sugar, vanilla, water and milk
2. Add flour
3. Blend **ONLY** until all dry ingredients are wet. Do not overmix—the batter should be lumpy.

Serving Information

2 pancakes serve with 2 oz. warm syrup

Nutrition Information

 *From USDA Nutrient Database

Calories: 204 Total Fat: 5 g Saturated Fat: 0 g Carbohydrate: 32 g Protein: 5 g Sodium: 459 mg
Vitamin A: 2% Vitamin C: 0% Calcium: 20% Iron: 11%