

PANCAKES

This basic pancake batter is very versatile. If you want thicker pancakes, just reduce the liquid a little, eg. try using 120ml each of plant milk and water, instead of 175ml. (It is easier to make something too thick and thin it down, rather than the other way round.)

Ingredients

175ml soya milk (or oat milk, coconut milk, or whatever!)

175ml water

175g plain flour, sieved (you can use half fine wholemeal and half white, but it works with all white or all wholemeal too! If you've only got self-raising flour, no problem - just halve the baking powder).

2 tbsp chickpea flour, sieved - also known as gram or besan flour. Don't skip the sieving, it's really hard to get the lumps out otherwise!.

1 tsp baking powder, sieved

1 tbsp plain vegetable oil

Pinch of salt

Extra oil for frying - or low-cal spray if using non-stick pan.

You can use the above recipe for vegan Yorkshire puddings.