

Whole Wheat Banana Nut Pancakes with Coconut Milk Whipped Cream

Easy and so delicious, make your batter in the blender for perfect results

Ingredients:

Pancakes:

1/4 cup firm organic tofu, pressed and drained
1 cup non-dairy milk
2 tablespoons sunflower oil
2 tablespoons organic cane sugar
1 cup organic whole wheat flour
2 teaspoons baking powder
1/8 teaspoon or just a pinch of sea salt
1/2 cup chopped walnuts
2-3 bananas sliced
maple syrup
Vegan butter

Whipped Cream:

1 15 oz. can coconut cream, chilled 4-6 hours
2 tablespoons powdered sugar
1 teaspoon vanilla



Directions:

Place the tongs of an electric mixer and a medium glass or stainless mixing bowl in the freezer for about 15 minutes to chill before using.

Open the can of chilled coconut cream, pour off any coconut water and place the remaining coconut cream in the bowl with the powdered sugar and vanilla. Beat on high speed with an electric mixer until soft and blended. Keep the whipped cream chilled until serving.

Combine the tofu, non-dairy milk, oil and sugar in the jar of a blender and blend until smooth. Add the flour, baking powder and salt, blend just until well combined. Stir in the walnuts.

Heat a griddle, oil it lightly then pour about 1/2 cup batter for each pancake. Place sliced bananas on top and spoon a small amount of batter over them. Cook until bubbly and lightly golden brown then flip and press then cook an additional few minutes until both sides are lightly golden brown.

Transfer pancakes to a plate and hold in a warm oven until all are ready for serving. Top with additional sliced bananas, walnuts, vegan butter, vegan whipped cream and maple syrup.

Recipe courtesy of Liz Gary & Lorna Ciccone. Visit us at www.newoptionsfoodgroup.com and www.findinghealthfulness.com

