

Whole Wheat Peach Pancakes

Makes 8 large pancakes

What you'll need:

1 1/2 cups whole wheat flour (you can use white if that's all you have)

3 1/2 tsp. baking powder

1 tsp. salt (kosher salt if you have it)

1 tbsp. brown sugar

1 cup soy milk (or regular)

1 large ripe banana smashed (or 1 egg)

3 tbsp. [Earth Balance butter](#), melted (or regular butter)

2 tsp. vanilla Extract

2 tsp. cinnamon (optional)

dash of nutmeg

1-2 peaches

What you'll do:

Sift together the flour, baking soda and gently mix with the sugar, cinnamon, nutmeg, and salt in a big bowl. Make a well in the center of the flour mix. Add in the soy milk, banana, melted butter, and vanilla. Mix. The batter should be slightly lumpy. If it's too thick still, add a little water. In a heated pan, sprayed with cooking spray and drop large dollops of batter in the pan. Arrange your sliced peaches on the pancake. Cook on 2-3 minutes on each side or until golden brown. Enjoy with fresh maple syrup.

From the kitchen of LeslieSarna.com