



Fluffy Whole Wheat Pancakes, Plus 5 Variations to Try

By Mary Margaret Chappell
2023-04-28 10:14:30



Brighten up breakfast (or dinner) with our fluffy whole wheat vegan pancakes recipe, plus mix-and-match add-in and topping ideas to create a range of flavor combos. Choose whether you're craving sweet or savory, then heat up your griddle to start flippin'. If you prefer to keep things simple, just whip up a batch of the base recipe and drizzle a little maple syrup on top for a classic morning meal. Start your day on a tasty note with some fluffy whole wheat goodness!

(If you're gluten-free, give our scrumptious [Gluten-Free Chocolate Chip Pancakes](#) recipe a try).

Base Recipe: Fluffy Whole Wheat Pancakes

20 minutes | Makes 12 to 14 pancakes

This all-purpose recipe works for sweet or savory pancakes, but skip the maple syrup if you're going savory. Feel free to include add-ins such as berries or cooked vegetables that have been chopped small.

Tip: For light, fluffy pancakes every time, let the batter rest at least 10 minutes before heating up the griddle or skillet. This gives the flour time to absorb the liquid in the batter and helps relax the gluten in the mix.

Ingredients

2 cups white whole wheat, sprouted wheat, or spelt flour

2 tsp. baking powder

½ teaspoon sea salt

2½ to 2¾ cups unsweetened, unflavored plant-based milk

2 teaspoons pure maple syrup (optional)

Instructions

1. In a medium bowl whisk together flour, baking powder, and salt. Lightly whisk in 2½ cups milk, then the maple syrup, if using. Let stand 5 minutes to thicken. Add up to ¼ cup more milk, if necessary, to thin the batter to a pourable consistency. Don't overmix.

2. Heat a large nonstick skillet over medium. Ladle ⅓ cup batter into skillet for each pancake; cook 2 to 3 minutes per side or until golden brown

Vegan Whole Wheat Pancakes: 5 Flavor Variations

Are you caught in the classic dilemma between a sweet or savory breakfast? Don't fret: You can have the best of both worlds when you make our vegan pancake recipe. Get fruity with one flapjack and then spoon savory veggies onto the next so your taste buds don't have to compromise. Feel free to get creative with your mix-ins and toppings, the variations are endless!

Layered Cinnamon-Apple



In a medium saucepan combine 3 cups thinly sliced apples, 2 teaspoons pure maple syrup, ½ teaspoon ground cinnamon, and 1½ cups water. Bring to boiling, then reduce heat and simmer, covered, 15 to 20 minutes. Turn off heat and let stand 5 minutes to allow apples to

(continued)

Fluffy Whole Wheat Pancakes, Plus 5 Variations to Try

By Mary Margaret Chappell
April 28 2023

absorb juices. Layer apples between cooked pancakes.

Strawberry Banana



Fold 2 cups thinly sliced bananas into pancake batter (recipe, left); cook pancakes. In a medium bowl stir together 1 cup sliced strawberries, 1 cup sliced mangoes, 1 tablespoon lime juice, and 1 teaspoon lime zest. Serve strawberry mixture over pancakes.

Shaved Brussels Sprouts



Sauté ½ cup thinly sliced red onion in water 5 to 7 minutes or until soft. Add 2 cups thinly sliced Brussels sprouts and ¼ cup water; sauté 3 to 4 minutes more or until sprouts are tender and bright green. Spoon over pancakes and serve drizzled with lemon juice or your favorite lemony vinaigrette.

Double Blackberry and Pineapple



In a small saucepan combine 1 cup blackberries and ¼ cup water; mash blackberries. Bring to boiling, then reduce heat and simmer, covered, 5 to 7 minutes. Press berry mixture through a fine-mesh sieve. Stir in 1 teaspoon pure maple syrup. Pour blackberry syrup over pancakes and top with whole fresh blackberries and diced pineapple.

Spicy Veggie

Fold 2 cups thawed frozen mixed vegetables (or chopped leftover vegetables), 1 cup chopped scallions (green onions), and 2 teaspoons chili powder into pancake batter (recipe, left). For a quick pico de gallo topping, in a bowl combine 2 cups diced tomatoes, ½ cup chopped scallions, ½ cup chopped cilantro, 1 tablespoon lime juice, and 2 teaspoons minced jalapeño chile. Serve over pancakes.