

Lulu's Carnivore-Friendly Vegan Banana Pancakes

Made with soymilk, baking powder, and hazelnut oil, these little pancakes are as great as traditional pancakes – or better, with their sweet punch of maple syrup and banana. My mom, who made the first version, found her inspiration in Mark Bittman's *How To Cook Everything Vegetarian*.

TIME: 15 minutes, start to finish

MAKES: 2 to 3 servings

1 cup whole wheat pastry flour

1 1/2 tablespoons maple syrup

2 teaspoons baking powder

1 cup vanilla soymilk

2 tablespoons hazelnut oil (or other nut oil, or canola oil)

1 ripe banana

Pinch salt

Spray vegetable oil

Blend the flour, syrup, baking powder, soymilk, oil, banana, and salt in a blender until smooth. Transfer to a mixing bowl and set aside.

Heat a large nonstick or heavy cast iron pan over medium heat. When hot, spray with the vegetable oil spray, and drop batter by scant 1/4 cupfuls onto the pan. Cook for a couple minutes, until the bubbles reach the center, then flip and cook another minute or two. Serve the first pancakes hot, and repeat with the remaining batter.