

### 3 Ingredient Vegan Plantain Pancakes (No baking soda)



- Ingredients:
  - ¼ cup Aquafaba
  - 2 Ripened Plantains
  - ¼ cup Organic Whole Wheat Spelt flour
- Instructions:
  - Blend peeled and chopped plantains (may add a little water if needed)
  - Place Aquafaba in the whisk machine for ~ 7min
  - Fold aquafaba whipped cream with plantain batter and Spelt flour until uniform consistency
  - Heat pan with some coconut or vegan butter
  - Place 1 ladle at a time on pan according to desired size
  - Optional: Add Grade A maple syrup and top with blueberries, almond butter, coconut flakes and avocados
- Aquafaba
  - Soak Chickpeas in water; 3 times water as beans
  - Cook chickpeas for ~1-1.5hrs on medium heat of boiling water
  - Let the whole pot cool and place in fridge
  - Next morning, separate aquafaba from chickpeas
  - Transfer liquid to pot and boil it down for 15 min on simmer
  - Let cool and set in fridge