

A Great Fast RECIPE from  
ByziMom.com!

# Great Fast Pancakes

Prepare ahead of time for a great “after  
Liturgy” brunch...even during a fast!



Ready in **20 minutes**

Serves **6-8 people**

*Delicious with Maple Syrup, fresh fruit  
and a dusting of powdered sugar.*

*Hint: Serve with [ByziMom's Great Fast  
Oat Sausages!](#)*

## Ingredients

Before heading off to Divine Liturgy, or even  
the night before, get out a large mixing bowl  
and in it, combine the following dry  
ingredients:

- 4 cups white whole wheat flour
- 3 Tbsp baking powder
- 1/2 tsp salt
- 1/2 tsp nutmeg/cardamom
- 1/4 cup flaxseed meal

In a second mixing bowl, combine the  
following wet ingredients:

- 2 cups non-dairy milk of choice
- 2 cups water
- 1 tsp. Vinegar or lemon juice
- 2 tsp vanilla extract

## Preparation

1. After Liturgy, mix wet into dry  
ingredients and stir well to combine.
2. Place about 1/2 cup of batter at a time  
onto a nonstick electric griddle (prevents  
sticking since these are made without  
oil). If desired, now is the time to sprinkle  
these with add-ins like blueberries or  
chocolate chips! Watch for bubbling and  
a dry appearance to signal when to flip  
the pancakes. Continue to cook the  
other side until it becomes golden as well  
and then remove from the griddle.
3. Continue with the rest of the batter until  
all of the pancakes are made.