

RAGI BANANA PANCAKES

Ingredients

1/4 cup Ragi Flour

1/2 cup Whole Wheat Flour

1/2 tsp Baking powder

1/2 tsp Baking soda

1/4 tsp. salt

1/2 cup Banana Mashed

1 tbsp. Curd

1/2 tsp Vanilla essence

2 tbsp. Honey

1/2 Cup Milk

Oil for Cooking

Banana slices, almonds and honey for drizzling

Instructions :

Mix all Ingredients in bowl. Except Oil and Ingredients for drizzling.

Make a lump free batter.

Heat the non stick tava or pan, Brush with oil Pour a ladle full of batter on pan and spread it

cook till golden brown . Flip the pan cake cook till golden brown.

Transfer on plate drizzle with banana slice , almond and honey

VEGAN BANANA PANCAKE

(Sugar free, eggless, dairy free)

Ingredients :

2 Medium ripe banana

1 tbsp. oil

3/4 cup Wheat flour

1/2 cup Quick cook oats

1 tsp. Vanilla extract

1/2 tsp. ground cinnamon

1/2 tsp baking powder

1 cup oats milk or soya milk

Oil for cooking pancakes

Instructions :

In a medium bowl mash the banana well. Whisk in the oil. add all the dry ingredients and roughly mix together. Mix with milk until the batter is lump free

Take non stick tava or pan , brush with oil pour a small ladel full of batter spread well.

Cook on one side , until there are some bubbles on the top and the bottom is golden.

Flip the pan cake and cook until golden brown.

Transfer to plate , top with desired toppings, and serve

DORA Cakes

Ingredients :

1 cup Maida
1 tbsp. Honey
2-3 tbsp. Condense milk
2 tsp. Powder sugar
½ tsp. Vanilla essence
½ tsp. Baking Soda
¾ Cup Milk

Instructions :

Put all the dry ingredients in a bowl. Sieve 2 times .

Now add all the wet ingredients with dry ingredients.

Make a lump free batter.

Take non stick tava or pan , brush with oil pour a small ladle full of batter spread well.

Cook on one side , until there are some bubbles on the top and the bottom is golden.

Flip the pan cake and cook until golden brown.

Transfer to plate Spread Nutella /Jam/ Chocolate sauce.

Cover it with another Pan cake.

BASIC PAN CAKE

INGREDIENTS

- 1 Cup All Purpose Flour
- 1 Teaspoon Sugar
- 1/4 Teaspoon Ground Cinnamon
- 2 Teaspoons Baking Powder
- 1/4 Teaspoon Salt
- 1 Cup Milk (I Used 2%)
- 1 Tablespoon Vegetable Oil
- 1 Tablespoon Water
- 1 Teaspoon Vanilla Extract
- 2 Tablespoons Butter

INSTRUCTIONS

Whisk together the dry ingredients. In a bowl

In, another bowl measure 1 cup milk. To that add the vegetable oil, water and vanilla extract.

Stir in the wet ingredients to the dry ingredients. Do not over-mix. Lumps are perfectly fine. Set aside for a couple of minutes.

Heat a non-stick pan or tawa at medium-high heat. Once the pan is hot add the butter and let it melt.

Add the melted butter to the pancake batter and return the pan to the gas. Mix the butter into the batter.

When the pan is hot enough, pour a ladleful of batter on the pan for each pancake. Cook until bubbles appear on the face of the pancake.

Carefully flip the pancake and cook until its golden brown

CHOCOLATE PAN CAKE

INGREDIENTS

- 1 Cup All Purpose Flour
- ¼ Cup Coco Powder
- 1 Teaspoon Sugar
- 1/4 Teaspoon Ground Cinnamon
- 2 Teaspoons Baking Powder
- 1/4 Teaspoon Salt
- 1 Cup Milk (I Used 2%)
- 1 Tablespoon Vegetable Oil
- 1 Tablespoon Water
- 1 Teaspoon Vanilla Extract
- 2 Tablespoons Butter

INSTRUCTIONS

Whisk together the dry ingredients. In a bowl

In, another bowl measure 1 cup milk. To that add the vegetable oil, water and vanilla extract.

Stir in the wet ingredients to the dry ingredients. Do not over-mix. Lumps are perfectly fine. Set aside for a couple of minutes.

Heat a non-stick pan or tawa at medium-high heat. Once the pan is hot add the butter and let it melt.

Add the melted butter to the pancake batter and return the pan to the gas. Mix the butter into the batter.

When the pan is hot enough, pour a ladleful of batter on the pan for each pancake. Cook until bubbles appear on the face of the pancake.

Carefully flip the pancake and cook until its golden brown

Eggless Whole WHEAT PANCAKE

Ingredients :

Whole wheat flour – 1/2 cup

Baking Powder – 1 tsp

Salt – a pinch

Milk – 1/2 cup + 1 tbsp

Melted butter – 1 tbsp

Oil – 1/2 tbsp

Maple syrup or powdered sugar – 2 tsp

Vanilla extract – 1/2 tsp

Water – 1 1/2 tbsp

Instructions :

In a bowl, combine together wheat flour, baking powder, salt and mix well. If using powdered sugar instead of maple syrup, add that also with the dry ingredients.

In another bowl, combine together milk (should be at room temperature), oil, melted butter, maple syrup, water and vanilla essence.

Mix the wet ingredients with the dry ingredients without lumps. Avoid over mixing.

The consistency of the batter should be that of idli batter. You may add a little more milk or water to get the right consistency. (Batter should not be too thick nor too watery). Let the batter rest for 10 minutes.

Heat a non stick pan over medium low heat. Grease it lightly with butter.

When the pan is hot, reduce the heat to low and pour a ladle of batter in the center of the tawa. It will spread itself otherwise spread it very lightly as the pancake has to be thick.

Cook on low heat until bubbles form on the surface. Then flip it over to the other side and cook on low heat until done. Remove from heat. Repeat the same process for the rest of the batter.

Serve hot with honey, butter or maple syrup.

Note – You can add sugar instead of maple syrup. You may adjust sweetness according to your preference.

You can flavor it with 1/4 tsp cinnamon powder, if preferred.

JAPANESE Style PANCAKE

Ingredients

1 cup Maida

1/2 tsp baking powder

1/4 cup sugar

3/4 Butter milk

1/4 tsp vanilla extract

1 tbs Japanese mayonnaise (regular mayonnaise)

Butter, maple syrup, ice-cream, etc. for toppings

Instructions

Sift all the dry ingredients together into a bowl and combine.

In another bowl buttermilk and vanilla extract and whisk until just combined.

Make a well in the center of the dry ingredients and pour the liquid mixture in.

Mix together then add the mayonnaise and mix well to combine. (Don't worry if you notice any scent coming from the mayonnaise, it will disappear completely after it's cooked).

Place a homemade pancake mold into a frying pan over low heat and pour half the mixture into the mold.

Place a lid on the frying pan and leave it for 15 minutes.

Once little bubbles appear on the surface of the pancakes and the edge is slightly cooked, lift the bottom of the pancake with an egg flipper then cover the pancake with the inverted frying pan and flip the whole thing together before placing it back on the heat.

Place the lid over the top again and cook for another 15 minutes on the other side.

To test if it is done, stick a skewer into the pancake. If it comes out clean, then the pancake is cooked through.

Remove the pancake from the heat, remove the staples from the mold and take the pancakes out of the mold .

Serve the pancakes with your favorite toppings (e.g. whipped butter, maple syrup, fresh berries, ice-cream, chocolate flakes, etc. Let your imagination run wild!).

STRAWBERRY QUINOA PANCAKES

Ingredients

1/2 cup (130g) unsweetened strawberry sauce

1/2 cup (120g) non-dairy milk (soya/coconut)

1 tbsp lemon juice

1 tsp baking soda

2 tbsp maple syrup (optional)

1 1/2 cup (185g) quinoa flour (see notes for making your own)

Instructions

Add all the ingredients to a blender.

Blend on low until combine, stopping to stir as necessary. Don't over-blend.

Heat a non-stick pan over medium heat .

Drop about 1/4 cup of batter into the pan and spread into a circle.

Cook for 2-3 minutes over medium heat or until you can easily slide a spatula underneath. Flip and cook for 2-3 minutes on the second side. Remove from the pan.

Repeat until all the batter is used up. I got about 8 medium sized pancakes.

Add toppings of choice (fruit, nuts, seeds, chocolate chips, nut butter, maple syrup, etc.) and enjoy!

Notes

To make your own quinoa flour, either grind quinoa flakes in a high speed blender or toast and grind whole raw quinoa.

Mini Semolina Veggies PANCAKE

Ingredients

1/2 Cup Semolina (Rava / Sooji)

3 Tbsp Curd (Dahi)

2 1/2 Tbsp Finely Chopped Onions

2 1/2 Tbsp Finely Chopped Capsicum

3 Tbsp Finely Chopped Coriander (Dhania)

2 1/2 Tbsp Grated Carrot

1/2 Tsp Green Chili Paste

2 Pinches Sugar

To Taste Salt And Freshly Ground Black Pepper (Kalimirch)

For Greasing And Cooking Oil

Instructions :

In a bowl, add rava, curd, chopped onions, chopped capsicum, chopped coriander, grated carrot, green chili paste, salt, pepper, sugar, and $\frac{3}{4}$ cup of water and mix it well and make a smooth batter and keep it aside.

Heat a mini uttapam pan and grease it lightly with a little oil and pour a spoonful of the batter in each uttapam mold . Or you can use any non-stick Tawa.

Cook them on a medium flame with a little oil and cook till they turn golden brown in color from both the sides.

Once done, transfer it to a serving plate and serve it with green chutney and relish the wholesome breakfast.

SPINACH RAVA Corn PANCAKES

Ingredients

- 1 cup Suji (Rava)
- 1 cup spinach blanched
- 1/2 cup boiled corn
- 1/2 cup curd
- 1 cup chopped veggies like onion, tomatoes, bell peppers, corn
- to taste Salt
- to taste Red chilly powder
- to taste Jeera powder
- 1/2 cup oil

Instructions :

First take a bowl add rava and curd mix it well and kept it for some minutes In meanwhile take a pan add hot water and add Spinach for blanched.

Now when palak is blanched add in mixi and make a puree and add palak mixture in suji batter

Mix it well and add seasoning Now make a filling in pan add chopped onions , tomatoes ,bell pepper, corns and add seasoning according to taste

Take a pan add oil in nonstick pan first add suji batter than filling on top when it's done from bottom flip it and turn golden brown

Same way we can make small portions like that serve it with green Chutney

Eggless PANCAkes using Yogurt

Ingredients :

1 Cup All Purpose Flour
2/3 Cup Plain Yogurt
1/3 cup Milk
2 Tbsp Water
1/2 tsp Baking Powder
1/2 tsp Baking Soda
1/4 tsp Salt
1 tbsp Sugar
1 tbsp butter, melted and cooled
1 Tsp Vanilla Essence

Instructions

Whichever technique you use, you need to mix liquid ingredients first and then add dry ingredients:

Making the Fluffy Pancake Batter: (using either of the buttermilk or yogurt mixes):

Preheat a griddle or small non-stick frying pan or a skillet to medium heat.

In a bowl, mix together the dry ingredients.

In another bowl, whisk together the wet ingredients and gently add the dry ingredients (2-3tsp at a time).

Whisk everything together to form a lump-free batter.

Making the Fluffy Pancakes:

Add oil/spray to the pan, and add one dollop of the pancake batter at the center of the pan.

Spread it in a circle using a ladle (spread more for thin pancakes or less for thick pancakes).

Flip when you see bubbles on the top and cook till the bottom is golden brown.

Similarly, finish making all the pancakes.

Transfer the pancakes on a serving plate, add some fresh berries on top, drizzle with chocolate syrup and sprinkle some powdered sugar.