

## Eggless Vegetable Pancake

Serves: 1

This is a basic pancake recipe and can be adopted to make a variety of pancakes (sweet/savory) suitable for both the young and adults. A very good way to add more vegetables and fruits in your diet! You can also make this by adding one large egg but omitting the 2 tbsp liquid from the recipe.

### Ingredients

½ C all-purpose flour

½ C plus 2 tbsp milk/water (omit if using 1 egg)

½ C chopped cilantro or baby spinach

½ tsp baking powder

¼ to 1 tsp Curry Powder or fish sauce or any spice of your choice

Salt and black pepper powder to taste (Omit salt if you are using fish sauce)

Vegetable oil

### Method

1. Mix all the ingredients except the oil. Heat 1 tbsp oil in a skillet set at medium heat. Spread the pancake mixture to cover the bottom of the skillet. The mixture is slightly thick so you may have to spread it with the help of a spoon. Do not try to spread it very thin. Cook the pancake at medium heat until the bottom side is nicely brown and crisp. Flip it over and cook the other side. Pour a small amount of oil around the pancake. Let the other side brown nicely. Remove from heat and serve it hot.

**Note:** You may add cooked/shredded chicken, canned tuna, cooked/grated vegetables, and mushrooms in the batter according to your choice. Try all your options with this basic pancake recipe. Adjust the amount of milk/water to make the batter spreadable.