

CREATE YOUR CUSTOM GIFT JAR AND RECIPE TAGS IN A FEW EASY STEPS!

1. Cut around outside of red borders.
2. Roll and tie (or fold) each recipe card.
3. Attach recipe cards to jar with ribbon or string.
4. Tie or glue on gift tags and other small decorations such as ornaments or greenery.

how to make

Vegan Banana Pecan Pancakes

Prep time: 5 min. | Total time: 15 min. | Serves: 4

- 1 Vegan Banana Pecan Pancake Gift Jar
- 1 1/4 cups (300 mL) unsweetened almond beverage
- 1/3 cup (75 mL) maple syrup, divided
- 1/4 cup (60 mL) canola oil, divided
- 2 cups (500 mL) fresh fruit, such as blueberries, raspberries or peaches

Directions:

1. In large bowl, mix together almond beverage, 2 tbsp (30 mL) each maple syrup and oil. Add contents of Vegan Banana Pecan Pancake Gift Jar. Stir just until combined (batter will be lumpy).
2. Preheat large, nonstick skillet or griddle over medium-low heat. Brush skillet with some of remaining oil. In batches, pour about 1/3 cup (75 mL) batter per pancake into skillet, leaving space between each pancake.
3. Cook, in batches, for 1 to 2 min. until bubbles form on the surface of pancakes. Flip and cook another 1 min. until golden brown. Wipe skillet between batches and brush with additional oil as needed. Serve pancakes remaining maple syrup and fresh fruit.

Per serving (1/4 of the recipe): 550 calories, 26 g total fat, 2 g saturated fat, 75 g carbohydrates, 35 g sugar, 8 g protein, 0 mg cholesterol, 8 g fibre, 390 mg sodium



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