Eggless Orange Pancakes

NIBBLEDISH CONTRIBUTOR

Ingredients

2-1/4 cups whole wheat flour (all-purpose if you like it more)
4 tsp baking powder
1/2 tsp baking soda
1 tsp salt
1-1/2 cup apple juice
1-1/2 cup fresh orange juice
2 tsp orange zest, fresh grated

Instructions

Pour a non-stick skillet over low heat.
In a large mixing bowl combine the flour with the baking powder, the baking soda, the orange zest and the salt. Make a well in the center and add the apple juice and the orange juice. Stir well with a wooden spoon until well combined.
Pour batter by medium size ladle onto the hot ungreased skillet. Grill until the bubbles start to form, then flip and grill about a minute more until golden brown.
This is a breakfast full with a vitamin C. It's fat-free and a lot more healthier than the normal pancakes.