



# 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.

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