

Italian Pancakes

Yield: 20 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-vietnamese-pancake-recipe>

Ingredients:

- 2 cups all purpose flour
- 2 tablespoons baking powder
- 1 teaspoon fine sea salt
- 1 1/2 cups water
- 6 tablespoons brown rice syrup or maple syrup
- olive oil or coconut oil for pan

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 14 grams
3. Fat: 1 grams
4. Protein: 1 grams
5. Sodium: 280 milligrams
6. Sugar: 1 grams

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