

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Spelt/Vanilla Pancakes

Yields: 6-8 pancakes

INGREDIENTS:

- 1 cup organic spelt flour
- 2 T baking powder
- 1/8 tsp salt
- 1 cup almond milk
- 1 T agave, maple syrup or 3-4 drops liquid Stevia
- 2 T sunflower oil
- 1-1/2 tsp vanilla extract
- Coconut oil for the pan/cooking



DIRECTIONS:

- ♥ Measure all dry ingredients in a bowl and all wet ingredients in another bowl.
- ♥ Give each mixture a good stir and then add the wet ingredients to the dry ingredients, and combine until just well mixed.
- ♥ Set aside for 5 min to allow batter to rise.
- ♥ Prepare a frying pan with 1/4 tsp coconut oil on low heat and gently spoon batter into the pan without stirring the batter too much, forming 2-3 small pancakes.
- ♥ Cook for 2-3 minutes or until bubbles appear on the surface and are golden on underside, then flip to finish.
- ♥ Serve immediately, or allow to cool completely on a wire rack so the bottoms do not sweat forming soggy cakes as you prepare the rest of the batter.

I HIGHLY recommend doubling this recipe. Freeze or chill the extra pancakes and then you can pop them into the toaster for a quick breakfast!

Compliments of Eat Your Heart Out Edibles

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