



## PERFECT SPELT PANCAKES

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*These are some of the best pancakes we've ever had. The added benefit is that we also actually still feel good after eating a pancake breakfast! These can also be made with whole wheat flour if you don't have spelt flour in your cabinet. If you want to do "fancy" pancakes, like with a pancake pen, just add a bit more milk to thin out the batter.*

### INGREDIENTS:

2 cups spelt flour	2 cups almond milk (or any kind)
2 tbsp. chia meal (aka ground chia seeds)	2 eggs
1 ½ tbsp. baking powder	3 tbsp. oil
¾ tsp. salt	1 cup blueberries, fresh or frozen (optional)

### DIRECTIONS:

1. Heat a cast iron griddle or other large, flat skillet over medium heat. If necessary, brush your griddle with a little canola oil. Turn your oven on to low (200°) and place a baking sheet inside.
2. In a large bowl whisk the dry ingredients together. Make a well in the center and set the bowl aside.
3. In a large measuring cup or medium bowl, measure out the almond (or cow or coconut or soy, etc.) milk then break in the eggs and add the oil. Stir with a fork until the yolks are broken and the ingredients are more or less combined. This doesn't need to be perfect.
4. Add the wet ingredients to the dry and stir to blend well.
5. Make sure your griddle (or pan) is heated and oiled. Pour the batter onto the griddle in the amounts you desire. I use about ½ cup for a really big pancake with a tablespoon or slightly more for silver dollar sized ones.
6. Wait until the edges of the pancakes start to look a bit dry and the bubbles stop forming. This is a relative waiting game, and will differ based on the heat of your griddle/pan, etc. Flip your pancakes and adjust the heat. If they are too brown turn down your heat and wait a moment to let the griddle/pan cool. If they are too pale, raise the heat slightly.
7. Once cooked, remove the pancakes from the griddle and put on the warmed baking tray in the oven. Repeat with all of the remaining batter until all the pancakes are cooked. Prep/cook any sides you want, and warm the maple syrup (the real stuff, please). Enjoy an awesome breakfast!