



Spelt Pancakes

Oscar · 28/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

20 mins

Description

Spelt flour is perfect for pancakes These fluffy pancakes use 100 spelt flour for a whole grain pancake that makes great breakfast or brunch fare

Ingredients

- - $\frac{3}{4}$ cup milk - 1 tablespoon lemon juice - 1 large egg
- beaten - 1 tablespoon melted butter - 1 cup spelt flour - 1 teaspoon white sugar - 1 teaspoon baking powder
- $\frac{3}{4}$ teaspoon baking soda - $\frac{1}{4}$ teaspoon salt

Instructions

1. Combine milk and lemon juice in a large bowl and let stand until curdled
2. about 5 minutes. Stir in beaten egg and melted butter until combined. Set aside. Combine spelt flour
3. sugar
4. baking powder
5. baking soda
6. and salt in a medium bowl. Stir gently into milk mixture until just combined; batter will be lumpy. Heat a lightly greased griddle over medium-high heat. Drop batter by large spoonfuls onto the hot griddle and cook until bubbles form and the edges are dry
7. 3 to 4 minutes. Flip and cook until browned on the other side
8. 1 to 2 minutes. Repeat with remaining batter. Recipe Tips You can use vinegar instead of lemon juice to sour the milk
9. or you can use 3/4 cup of buttermilk instead of milk and lemon juice (or vinegar). You can substitute olive oil for the melted butter.