

Spelt pancakes - dairy free

Takes 10, serves 8 pancakes and uses a whisk and frying pan.

INGREDIENTS

125g white spelt flour

pinch of salt

2 medium eggs

180ml oat milk, or any other dairy free milk option.

75 ml water added to the milk (255ml total liquid)

Coconut oil to cook

DIRECTIONS

Sieve the flour and salt together into a bowl. Break the eggs into it and mix them in with a fork or whisk, until you have a paste.

Mix the oat milk and water together in a glass or jug.

Add a little bit of the milk/water liquid to the flour and whisk it in thoroughly, until you have a smooth paste again. Add a little more liquid, bit at a time, making sure it all gets mixed into the paste before adding any more. Each time you add some liquid you will get a progressively smoother and looser batter. If you add it too quickly, or don't mix it in enough, you will end up with a lumpy batter, so it's better to add smaller amounts at a time. Once you've added half of the liquid you can start adding it in larger quantities.

Heat a frying pan for 5 minutes over a medium-low heat and add half a teaspoon of coconut oil. Pour enough batter into the pan cover the base once you've swirled it around. Cook until browned slightly then flip and cook the other side, then serve with toppings of your choice, such as maple syrup, bananas, sugar and lemon, nutella, or salted dark chocolate and peanut butter sauce, a recipe which I'm working on now, so hopefully coming this way soon!

