

Spelt & Golden Flaxseed Pancakes



Ingredients

1 cup coconut/almond milk
1 large egg
¼ cup coconut oil, melted
¾ cup spelt flour
¼ cup Golden Flaxseed Meal
1 teaspoon baking powder
¼ teaspoon baking soda
1 tablespoon maple syrup
A big pinch of sea salt
Butter for cooking & topping.

Preparation

Mix the wet ingredients until well blended. Add dry ingredients and mix well. Let batter rest for 10-15 minutes.

Heat a griddle to medium heat, melt a little butter & pour approximately ¼ cup

batter or more for larger pancakes onto the griddle. Brown on both sides. (Flip when the bubbles forming in the batter start to pop.) Top with butter, maple syrup & berries, if you like. Makes 6-8 pancakes.