



Spelt Pancakes

Executive Chef John Clements, CEC, CCA

Ingredients

- 1 cup spelt flour
- pinch of kosher salt
- 1 tsp ground cinnamon
- 2 tsp baking powder
- 1 egg, beaten
- 1 cup milk

Directions | Serves 4

1. Mix dry ingredients in a bowl and combine with a whisk. Add the beaten egg and milk and mix until combined.
2. Heat a skillet over medium heat and either spray with cooking spray or melt some butter. Spoon batter onto the skillet in pancake rounds.
3. Cook on the first side until bubbles form on top and they lose their shine. Flip over and cook for another minute or so on the second side.
4. Serve with berries and honey and enjoy!

Chef's Tip!

"I usually separate the egg, mixing the yolk in with the milk. Whip the egg whites to medium peaks and fold them into the batter."

