

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Homemade Instant Pancake Mix

From Nigella Express by Nigella Lawson

Just mix these ingredients, keep them in a container at easy reach, and then simply scoop out some dry mixture, mix and whisk together with egg, milk, and melted butter - and that's it.

Pancakes aplenty, without even having to think about it.

Makes 15 pancakes of about 3 inches in diameter

For the pancake mix:

4 cups whole spelt flour (If your local grocery store doesn't carry this, request it)

3 tablespoons baking powder

2 teaspoons baking soda

½ teaspoon salt

Mix the above ingredients together and store in a jar.

To make the batter and the pancakes:

To make the pancakes, for each 1 cup of pancake mix, add and whisk together:

1 egg

1 cup milk (They are just as good with unsweetened almond milk)

1 tablespoon butter, melted

Heat a dry flat griddle or pan - no need to oil it. Spoon 2 tablespoons of batter onto the hot griddle and when bubbles appear on the surface of the little pancakes, flip them over to make them golden brown on both sides. A minute or so a side should do it.