

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Baked Pancakes

From [www.sixsistersstuff.com](http://www.sixsistersstuff.com)

This is a great way to make pancakes because you can let the oven do all the work. You can also put individual portions in freezer bags, and freeze them to use at a later time. Try mixing in blueberries, bananas, or whatever else you want to change it up.

1 ½ cups milk (Use almond, coconut, or raw milk)  
¼ cup (1/2 stick) butter, melted  
1 tsp vanilla  
2 eggs  
2 cups whole spelt flour (You could also use whole wheat)  
3 tsp baking powder  
½ tsp salt

1. Preheat the oven to 350°. Spray a 9x13 inch baking pan with non-stick spray, or oil it with additional butter, or coconut oil.
2. In a large bowl, mix together the milk, butter, and eggs. Mix in the remaining ingredients. Pour batter into the baking pan.
3. Cook for 25-30 minutes, remove from oven. Let cool for 5 minutes, then cut into squares and serve.