

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Gingerbread Spice Dutch Oven Pancake

Adapted from www.tastykitchen.com

The kids really enjoy this version of the puff oven pancake. I usually double, or even sometimes triple, the recipe which can still go into the same size pan. I prefer to use my cast iron skillet.

Serves 2

2 Tbsp unsalted butter

2 whole eggs

1 Tbsp Rapadura/palm sugar/sucanat

1 tsp molasses

1/3 cup whole spelt flour

1/4 tsp ground cinnamon

1/8 tsp ground ginger

1/8 tsp ground cloves

1/8 tsp ground nutmeg

1/8 tsp salt

1/3 cup milk (Use whatever you prefer here, such as raw milk, coconut milk or almond milk. If you do use regular cow's milk make sure to use organic whole milk.)

1. Preheat the oven to 400°F. Place the butter into a 9-inch ovenproof skillet and put in the oven to melt while you are preparing the batter.
2. Place the eggs in a blender and blend until smooth and pale in color. Add the brown sugar, molasses, flour, cinnamon, ginger, cloves, nutmeg, salt and milk and blend until smooth.
3. Remove skillet from the oven, pour the batter into the skillet and then transfer back to the oven.
4. Bake for 15-20 minutes (closer to 25 minutes if you double it), until the pancake is puffed up. Remove from the oven and serve with maple syrup.