

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Healthy Pancakes

From *Nourishing Traditions* by Sally Fallon

Soaking the flour for these pancakes overnight increases vitamin content and makes all the nutrients in the grain more available. Because they are acidic, buttermilk, cultured milk, yogurt and whey activate the enzyme phytase, which works to break down phytic acid in the bran of grains. Phytic acid combines with iron, calcium, magnesium, copper and zinc in the intestinal tract, blocking their absorption. Also, individuals with grain allergies often tolerate wheat products that have first been soaked or fermented.

Makes about 10

2 cups spelt, kamut or whole wheat flour
2 cups buttermilk, kefir or yogurt
2 eggs, lightly beaten
½ teaspoon sea salt
1 teaspoon baking soda
2 tablespoons melted butter

Soak flour in buttermilk, kefir or yogurt in a warm place (room temperature) for 12 to 24 hours. (Those with milk allergies may use 2 cups filtered water plus 2 tablespoon whey, lemon juice or vinegar in place of undiluted buttermilk, kefir or yogurt.) Stir in other ingredients and thin to desired consistency with water. Cook on a hot, oiled griddle or cast-iron skillet. These pancakes cook more slowly than either unsoaked whole grain flour or white flour pancakes. Serve with melted butter and maple or sorghum syrup, or raw honey.

Variation: Buckwheat Cakes

Use 1 cup buckwheat flour plus 1 cup spelt or whole wheat flour.