

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Mini German Pancakes

Makes approximately 12-16

6 eggs

1 cup milk (Try using raw milk, coconut milk, or almond milk)

1 cup flour (I like to use organic sprouted spelt flour which I buy at Whole Foods. You should also be able to find regular whole spelt flour at your local Dierberg's store in the natural food aisle.)

¼ tsp salt

1. Preheat the oven to 425° and spray cupcake pans with no-stick cooking spray.
2. Mix eggs, milk, flour and salt just enough to blend. (Do not over mix. Batter will be lumpy.)
3. Pour batter into cupcake pan and bake for 18-25 minutes depending on type of cupcake pan and the amount of batter in each cupcake tin.
4. Let cool for a minute or two and remove from the pan. Serve with pure maple syrup.