

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Puff Oven Pancake

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

This is a great recipe for busy mornings because it is quick to mix up, the grains are soaked overnight, and you don't have to stand over it while it cooks, freeing you up to get other chores done.

Serves 2-4 (I usually double it and make 2 pancakes.)

½ cup flour of your choice (I use spelt, but you can also use sorghum flour to make it gluten-free.)

1 Tbsp yogurt with enough water to make ½ cup

2 Tbsp coconut oil, butter or ghee

1 Tbsp maple syrup or 2 Tbsp sucanat

3 eggs, beaten

¼ tsp salt

1. In a bowl, whisk together the flour with the yogurt and water. Soak overnight for 8 hours.
2. Preheat oven to 400°. Place your oil into an oven-proof 10-inch skillet or 9-inch pie pan and place in the oven to melt while it preheats.
3. Mix the remaining ingredients in the bowl with the soaked flour until smooth. Pour into the skillet on top of the melted fat. Return to the oven and bake for 25 minutes.

Pancake will sink as it cools.