



Whole Grain Einkorn Pancakes

INGREDIENTS

- 1 1/4 cups whole milk or milk substitute or your choice
- 1 Tbsp. lemon juice (fresh is best)
- 1 3/4 cups all-purpose einkorn flour (fresh milled)
- 1 tsp. cinnamon
- 1 Tbsp. baking powder
- 1/4 to 1/2 tsp. salt (himalayan or sea salt)
- 2 eggs
- 3 Tbsp. unsalted butter
- 1 Tbsp. pure maple syrup or honey
- 1 tsp. pure vanilla extract

DIRECTIONS

1. Combine milk and lemon juice in a small bowl. Let the mixture rest for 5 minutes.
2. Meanwhile, in a large bowl, whisk the flour, cinnamon, baking powder and salt.
3. Add the milk to the flour mixture, along with the eggs, melted butter, maple syrup or honey and vanilla extract. If you feel the batter is too thick, add more milk until you reach the desired consistency.
4. Meanwhile, heat a griddle or large skillet over medium heat.
5. Add extra butter to the griddle or skillet to prevent the pancake batter from sticking, then ladle the pancake batter onto the griddle or into the skillet. Cook each pancake for approximately 2 to 3 minutes, or until nicely browned.
6. Serve warm with butter and maple syrup or toppings of your choice.
7. If you have leftover pancakes, these freeze well. Allow the pancakes to cool, then place between sheets of parchment paper and into a ziploc baggie.