

Lentz Pancakes

Made from scratch with Lentz Flours

Ingredients:

1 egg
1 cup milk
1 cup Lentz flour (Spelt, Emmer, Einkorn or Black Nile Barley)
2 tsp. baking powder
2 tbsp. oil
1 tsp. salt
1 tbsp. sugar

In a mixing bowl stir all ingredients until smooth. Lightly grease griddle, preheat to 375°. Pour ¼ cup batter onto hot greased griddle. Cook until bubbles begin to break. Turn and cook until lightly browned.

Makes approx. 8 five-inch pancakes.