

Soy Meets Spelt Pancakes

Try these delicious pancakes, topped with fresh berries and soy whipped cream. Completely dairy, and sugar free.

Recipe from www.organicvalley.coop. Serves 6.

2 cups whole spelt flour
2 tsp. baking powder
2 tbsp. sunflower oil
1/2 tsp. sea salt
1 cup Organic Valley Original Soy
1 cup apple cider
sunflower oil for frying

1. Sift spelt flour, sea salt, and baking powder into a medium mixing bowl. In another bowl, combine all wet ingredients and mix well. Add the wet ingredients to the flour mixture and whisk until smooth.
2. Lightly oil a large skillet over medium heat. Carefully ladle pancake batter to form a size that fits your appetite, and pan fry until golden on both sides. Remove pancakes when they are golden and serve immediately or transfer to a warmed serving dish while the rest of the pancakes are cooking.
3. Serve with warmed Maple Valley Syrup, seasonal berries or homemade jam. For a real treat, try topping pancakes with Whipped Organic Valley Heavy Cream and fresh berries.

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Shopping List

Soy Meets Spelt Pancakes

<u>Ingredients</u>	<u>Weight or Volume</u>	<u>PLU#</u>
whole spelt flour	2 cups	_____
baking powder	2 tsp.	_____
sunflower oil	2 tbsp.	_____
sea salt	1/2 tsp.	_____
Organic Valley Original Soy	1 cup	_____
apple cider	1 cup	_____
sunflower oil for frying		_____

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	<u>Weight or Volume</u>	<u>PLU#</u>
whole spelt flour	2 cups	_____
baking powder	2 cups	_____
sunflower oil	2 tsp.	_____
sea salt	2 tbsp.	_____
Organic Valley Original	1/2 tsp.	_____
Soy	1 cup	_____
apple cider	1 cup	_____
sunflower oil for frying		_____

Honest Weight Food Co-op

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