

Spelt Pancakes VEGAN

Spelt panckaes

Ingredients

2 cups spelt flour
2 cups oat flour
2 tablespoons baking powder
4 tablespoons ground flaxseed meal
1/2 teaspoon salt
3 1/2 cups low fat soy milk
4 tablespoons applesauce
2 tablespoons agave nectar
1 tablespoon vanilla extract
2 cups blueberries

Directions

Instructions:

Whisk the flours, baking powder, flax meal, and salt together in a large bowl. Combine the wet ingredients in another bowl.

Form a well in the center of the dry ingredients and add the wet ingredients. Stir the batter just until the dry ingredients are thoroughly moistened: it will seem very thin, but it will thicken.

Let the batter rest for 15 minutes (spelt flour takes a little longer to absorb liquids). If you can't wait, your pancakes won't be as crisp.

After the batter has rested, fold in blueberries.

Heat a dry skillet until a drop of water dances on its surface. Spraying the skillet once should allow for three batches of pancakes.

Ladle a large scoop of batter into the pan. Several pancakes can be cooked at once if you're using a large skillet.

Cook until the batter begins to bubble and the bottom of the pancake is golden.

Flip and cook on the other side until both sides are golden.

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