

Flapjacks

INGREDIENTS

1. 1 Cup of Kamut, Spelt or Wheat grain.
2. ½ tsp Baking Soda
3. ½ tsp Salt
4. 2 Tbsp Olive Oil
5. 2 Tbsp Honey
6. 2 Eggs
7. ½ cup purified water

METHOD

1. Measure your grain.
2. Set your stone mill to the fine setting; remember the mill must be switched on.
3. With the mill switched on pour the grain in the hopper.
4. Combine the dry ingredients in a large bowl, (1-3). Mix well.
5. Blend the eggs, honey, oil and water together.
6. Pour the egg mixture into the dry ingredients. Mix until well blended. Add more water if needed.
7. Pre-heat the pan slightly.
8. Bake 3-4 flapjacks in a pan for ± 3 min and turn it over.
9. Makes 16 flapjacks.

Serve with butter and honey or a filling of your choice.

Enjoy it &

