

HEALTHY RECIPE

Pancakes

Ingredients

1- 200ml / 198 g of milk

2- 2 eggs

3- 150g of spelt flour

4- Coconut oil

5- A pinch of salt

Preparation

First we are going to mix the eggs with the milk. When we have that we add the flour and the pinch of salt (if you want the to be fluffy you can put sodium bicarbonate) mix until we don't have lumps. (we can beat it with an electric mixer).

When we have that we put the coconut oil in a pan. Whet its hot enough we put a bit of the mix and after a while flip it and repeat with all the mix.

When you are done you can accompany it with fruit or jam.



THE END

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