

Fluffy Spelt Pancakes



Serves	4
Prep time	20 minutes
Cook time	25 minutes
Total time	45 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates
Suitable for	Amines Challenge , Dairy / Lactose Free , RPAH Elimination Diet - Amines Allowed , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge , Salicylates & Amines
Meal type	Breakfast , Dessert , Sweet Things
Misc	Serve Hot , Serve Warm

Ingredients

- 150g spelt flour (sifted)
- 2 teaspoons baking powder (Refer to note)
- 3/4 cups milk + 1 tablespoon (Refer to note)
- pinch (sea salt)
- 1 pear (peeled)
- 1 egg
- butter or Nuttelex (for cooking)

Directions

1. Add the flour, milk, egg and salt in a mixing bowl and whisk until smooth.
2. Grate the pear and stir into the batter.
3. Heat a large frying pan over medium heat. Melt a knob of butter in the pan then add the batter a spoonful at a time. You should be able to cook about 3 at once.
4. Cook for a few minutes until they are golden on the bottom. Flip over and cook for a few minutes on the other side.
5. Serve straight away with your favourite toppings.

Note

Low Chemical / Failsafe

Makes 8 pancakes

Variations:

1. Replace the pear with half a cup of apple sauce (made with Red or Golden Delicious apples [apple sauce](#) is moderate salicylates) or a mashed banana (amines).
2. Replace the milk with rice milk and use Nuttelex for a dairy free version.
3. Replace the milk with buttermilk.

I make my own baking powder - [click here for the recipe](#).