
Sunday Morning Pancake Recipe

2 cups	light spelt flour
¼ cup	ground flax seed
3 tsp	baking powder
1 tsp	Celtic sea salt
3	egg whites
3	egg yolks
2 cups	rice or almond milk

Mix together dry ingredients. In a separate bowl, beat egg whites until firm peaks form. In another bowl, beat yolks and add milk. Add yolk and milk mixture to dry ingredients and mix very lightly. Add egg whites and barely mix in. Cook right away on hot griddle. Serve with your choice of butter, maple syrup, apple butter, or stewed berries sweetened with stevia.

Adapted from *The Vital You Ultimate Holistic Cookbook* by Jennifer Hough, 2005

Nutritional Value of Select Ingredients

Spelt – This sweet, nutty grain is the grain most tolerated by people with gluten-sensitivities. It contains all 8 essential amino acids, and special carbohydrates that play a major role in blood clotting and stimulating the immune system. Spelt is higher in amino acids, protein, some minerals, and B vitamins than wheat.

Eggs– A perfect food (you can make a whole chicken out of them!) eggs contain protein, unsaturated fats, vitamin A, calcium, iron, phosphorus, zinc, and are quite low in calories.

Flax seeds – Flax seeds are a great laxative, and are high in essential fatty acids (EFA's) (when ground or chewed). They are full of anti-cancer lignans and phytoestrogens. The oil found in flax seeds can aid in reducing cholesterol and slow the progression of rheumatoid arthritis and atherosclerosis.

Rice Milk – This is a great substitute for cow's milk, which is allergenic to many and unfortunately these days may contain many chemicals. Rice milk can be used as you would cow's milk, and is low in saturated fats. Enriched rice milk has lots of required nutrients, including calcium. Worried about not getting enough calcium if you switch? Think about where cows get their calcium from – green, leafy vegetables, nuts, seeds, and sea vegetables are great non-dairy sources.

Sea Salt – When you do use salt, sea salt provides a wide range of minerals including potassium and iodine, not just sodium. It is produced by the evaporation of seawater, so contains all the natural minerals of the sea. Use in moderation.