

## PANCAKES

### Ingredients:

8 cups spelt flour  
4 tsp baking powder  
½ tsp salt  
4 free range eggs  
7 cups water  
4 tsp lemon juice  
1 cup olive oil

### Method:

Mix dry ingredients in large mixing bowl.  
Beat the egg, water, lemon juice & olive oil together  
Mix in the dry ingredients, mix till smooth.  
Put a little oil in pan and heat for the first pancake  
You should be able to bake the rest of the pancakes without oiling the pan  
Flavour with honey/coconut blossom sugar and cinnamon after the pancake is baked.  
Add a few drops of lemon juice on the pancake for an extra zest!