



Whole Wheat Blender Pancakes

Here is a quick and easy recipe shared with me by a nice lady named Dixie. (Thanks!) She said I could share the recipe... so here it is. She says she uses spelt berries, but you can use any whole grain wheat you might have.

1 cup wheat kernals ([spelt](#), hard white wheat, or [Khorasan](#) - or a mix of grain)
1 cup milk
Blend on high for 3 minutes (or until it becomes too thick to blend)

Add: 1/2 cup milk. Blend for about 2 more minutes

Add:
2 eggs
1/2 cup oil
1/4 teaspoon salt
1 Tablespoon baking powder

Blend and cook on your pancake griddle. (Or however you usually make pancakes.)

Top with butter and maple syrup and your favorite berries.

Enjoy and let me know how you like them!