

# Barley Pancakes

## Ingredients :

1 cup barley flour  
1 teaspoon baking powder  
¼ teaspoon salt  
1 tablespoon walnut oil, melted butter, or coconut oil  
1 tablespoon maple syrup  
2 eggs  
⅔ cup milk  
Fruit for topping



## Instructions :

1. Combine flour, baking powder, and salt in a bowl. Give a good stir to combine.
2. In a separate bowl, whisk together egg, maple syrup, oil, and milk. Stir in to dry ingredients, just until combined. Let batter sit while skillet heats. (If batter thickens too much to pour, add 1-2 tablespoons of milk to thin it down).
3. Heat a skillet over medium heat. When skillet is hot (if you flick water onto the skillet, it should sizzle), take a scant ¼ cup of batter and pour onto skillet. Let cook for 1-2 minutes (until the pancakes begins to bubble slightly). Flip and let cook for another 1-2 minutes until pancake is cooked through.

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