

Sweet Sundays: Fluffy Fruited Spelt Pancakes

When I asked my husband how the pancakes were, he said "Great! Can't you tell?" As he handed me an empty plate just 5 minutes after I handed him a full one. Could he tell that they were made with whole spelt flour? Nope. Did he detect anything missing from the lack of refined sugars? Not a chance. Did he notice the added dose of protein? He's a man, it was surely welcomed if anything. But the texture, surely it wasn't quite right without eggs? Slightly different perhaps, but fluffy and uber cake-like ... just the way he likes them.

My guide was the Fluffy Fruited Pancakes from Ricki Heller's new cookbook, Sweet Freedom, and I cannot tell you how much I love her pancake recipes! They are actually made with whole spelt flour and use everyday pantry ingredients. In fact, all of the recipes in Sweet Freedom are wheat-free (many are also gluten-free), vegan (dairy-free and egg-free), and free from refined sugars.