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## **SPROUTED SPELT HOMEMADE WAFFLES**

You will find this to be a very versatile batter. Use it to make waffles or pancakes. Note that the ratio is 1:1:1 for spelt, baking soda, and eggs. So it's easy to multiply. The amount of yogurt needed is dependent on its consistency. Makes 4servings.

- 1 cup sprouted spelt
- 1 tsp. baking soda
- 1egg
- ½tsp. sea salt
- 1- 1½cups yogurt

Add the spelt, baking soda and sea salt to a medium bowl and stir to incorporate. Add the egg to yogurt in a measuring cup and beat with a fork to mix together. Add the yogurt-egg mixture to the dry ingredients, and gently stir to incorporate. Do not over stir. Spray the surface of a heated waffle iron and add mixture. Cook until done. Serve with butter and maple syrup.