



Barley Pancakes*

1 1/2 c. barley flour	1 egg, well beaten
3 1/2 t. baking powder	1 c. milk (about)
3/4 t. salt	3 T. butter or shortening, melted
3 T. sugar	

Blend together dry ingredients. Thoroughly combine wet ingredients. Add wet ingredients to dry and mix until just combined. Batter is thinner than usual. Bake on hot griddle, pancakes will be more delicate than a wheat flour pancake.

* As mentioned previously, we also substitute our stone ground whole wheat flour in the same amount as the barley flour *