



Einkorn Flour

Einkorn is known as "man's first wheat," because it has been cultivated since neolithic times. Einkorn flour can be used in place of whole wheat flour in just about any dish, from pie crust to cake batter to waffles. The flavor is similar to commercial wheat, though it has a deeper, nutty and toasty essence.



Einkorn Pancakes:

Ingredients

- 1.5 cups einkorn flour
- 1 Tbs baking powder
- 1/4 tsp salt
- 1 cup milk
- 1 tsp vanilla
- 2 eggs
- 3 Tbs melted butter
- 1 tablespoon honey

Directions

- In a large bowl, combine dry ingredients and stir.
- Add milk, vanilla, eggs, melted butter, and honey.
- Whisk together until smooth, scraping down the sides.
- Heat skillet over medium heat.
- Add a small amount of butter to skillet, pour a small amount of einkorn pancake batter into pan.
- Let the pancakes cook a few minutes, then flip to cook all the way through.
- After cooking the pancakes, take off the heat.



Einkorn Flour



Health Benefits

A great source of protein,
iron, dietary fiber, thiamine and
a number of other B vitamins.

Contains a significant amount of the powerful
antioxidant lutein and riboflavin

Reduce inflammation

Cardiovascular benefits



To learn more about NJ's grain movement scan this QR code

