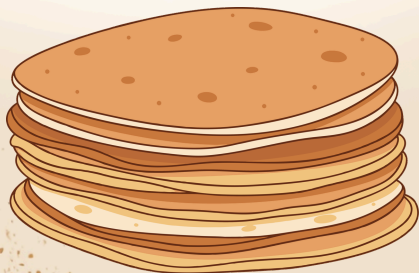



How to make healthy dairy free PANCAKES ?



 <https://youtu.be/w4k0rsJho3U?si=8tnD3emL6h018DA8>

**dairy free = sans produit laitier
d'origine animale**



1. Match each picture with the right ingredient



baking powder

einkorn flour

coconut sugar

eggs

flour

einkorn milk

coconut oil

einkorn = *petit épeautre*

2. You will need the following utensils:



3 bowls



a mixing bowl



a plate



a whisk

an apron



a spatula



a ladle



a weighing
scale

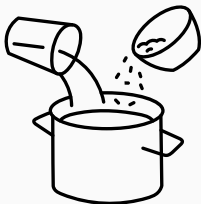
a frying pan



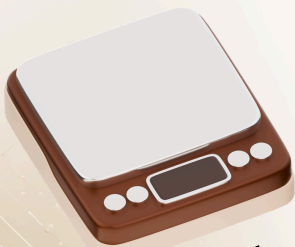
2. Useful vocabulary:



mix

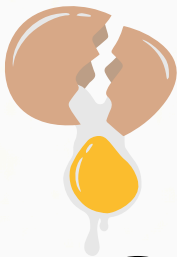


add



weigh

break



melt = *fondre*

progressively



Serving 6 people

3.The recipe



20 minutes



275 g flour

100 g einkorn flour

Baking powder (2 packets)

3 eggs

50 g coconut sugar

450 ml einkorn milk

100 g coconut oil

- 1.Mix the flour and the einkorn flour together.
- 2.Add the baking powder and mix everything together.



- 3.Take the mixing bowl and break three eggs.



4. Mix the eggs and add the coconut sugar.

5. Add progressively the flour and the einkorn milk.

- 6.Mix everything and add the melted coconut oil.

- 7.You can make the pancakes in a frying pan.

