

# *Fresh Milled Flour Pancakes*

**1 1/4 cups of Safe Haven fresh milled flour**  
**2 teaspoons baking powder**  
**1 tablespoon sugar, honey, or monkfruit**  
**1/2 teaspoon cinnamon**  
**1/2 teaspoon salt**  
**1 egg**  
**3 tablespoons melted butter divided**  
**1 1/2 cups full fat milk**  
**1 teaspoon vanilla extract**

## **Optional toppings: Fresh Fruit or Maple Syrup**

Preheat skillet to medium heat.

In a large bowl whisk flour, baking powder, sugar, cinnamon and salt.

Make a well in the center and add egg, 2 tablespoons melted butter, milk, and vanilla.

Stir to combine.

Add the last tablespoon of butter to your pan.

Add 1/3 cup batter to hot buttered skillet and allow to cook for approx. 2 minutes until small bubbles appear in center of pancake.

Flip and cook other side till golden.

Repeat until all batter is used.

Top your whole grain pancake with your favorite toppings and enjoy!

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