

PREPARATION: 10 MINUTES

COOKING: 20 MINUTES

4 SERVINGS

DUTCH APPLE PANCAKE



INGREDIENTS

4 egg whites

½ teaspoon cream of tartar

4 egg yolks

½ cup flour

1 cup unfortified rice beverage*

1 tablespoon vanilla extract

½ cup apples, peeled, cored and
thinly sliced

2 teaspoons canola oil
(or cooking spray)

½ tablespoon icing sugar

½ teaspoon cinnamon

** Because of phosphate additives in fortified rice beverage we are recommending the unfortified product.*

PREPARATION

- 1 Preheat oven to 350°F.
- 2 In a medium bowl, with the help of an electric mixer, beat the egg whites and the cream of tartar until peaks form (approximately 3 minutes).
- 3 In a second bowl, combine the egg yolks, flour, rice beverage and vanilla extract.
- 4 Carefully fold the egg whites and apple slices into the mixture from step 3. The egg whites should not melt into the mixture but stay somewhat fluffy.
- 5 Oil a pie shell or an iron pan (or use cooking spray) and pour the egg mixture into it.
- 6 Bake in the oven for 20 minutes. The pancake should be risen and the colour slightly golden.
- 7 Garnish with icing sugar and cinnamon before serving.

Congratulation! You just made a soufflé without getting stressed about it.

Nutrient Analysis

PER SERVING:

¼ of recipe

RENAL EXCHANGE:

Renal Exchange:

1 Protein + 1 Starch + ½ Fruit

Calories	214Kcal
Protein	8g
Carbohydrates	23g
Fibre	1g
Total Fat	9g
Saturated Fat	2g
Cholesterol	203mg
Sodium	80mg
Potassium	167mg
Phosphorus	98mg