

PREPARATION: 10 MINUTES

COOKING: 3 MINUTES PER PANCAKE

6 SERVINGS



OAT PANCAKES

INGREDIENTS

1 ½ cups flour

1 cup quick oats

2 tablespoons sugar

1 teaspoon cream of tartar

½ teaspoon baking soda

1 cup pasteurized egg whites

2 tablespoons canola oil

1 teaspoon vanilla extract

1 cup non-enriched rice
beverage

1 teaspoon canola oil

PREPARATION

- 1** In a bowl, combine flour, oats, sugar, cream of tartar, and baking soda. Make a well in the centre and add egg whites, oil, vanilla extract and ½ cup of rice beverage. Mix with a whisk until the dry and wet ingredients are combined. Do not overmix. Add the rest of the rice beverage.
- 2** Brush a non-stick frying pan with oil and heat over medium heat. Pour ¼ cup of batter in the middle of the pan. Cook for 2 minutes or until small bubbles emerge on the surface of the pancake. Turn the pancake and cook another 1–2 minutes or until golden. Transfer to a plate or a baking tray and keep them warm in the oven at 200°F.
- 3** Continue with remaining batter. Add some oil if necessary. Adjust heat to medium low if the pancakes get too dark.
- 4** Garnish pancakes with honey and some cinnamon before serving.

Tip: Pancakes freeze well. Take out of freezer and reheat in the toaster!

Serve with sliced apple, peach, blueberries, raspberries and sliced almonds. You can also add our breakfast spread from page 5 or peanut butter.

Nutrient Analysis

PER SERVING:

2 pancakes

RENAL EXCHANGE:

2 Starch + 1 Protein

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|---------------|---------|
| Calories | 227Kcal |
| Protein | 8g |
| Carbohydrates | 41g |
| Fibre | 2.3g |
| Total Fat | 2g |
| Saturated Fat | 0g |
| Cholesterol | 0mg |
| Sodium | 180mg |
| Potassium | 223mg |
| Phosphorus | 117mg |