

FANTASTICALLY FLUFFY PANCAKES & WAFFLES

INGREDIENTS

1 cup white rice flour

1/2 teaspoon baking soda

3 eggs

1/2 cup water

2 tablespoons unsweetened applesauce

1 tablespoon sugar

1 tablespoon lemon juice

1/2 teaspoon vanilla

3/4 cup frozen blueberries, dusted with 2 tablespoons flour

Canned sliced peaches, drained



PREPARATION: 5 MINUTES

COOKING: 3-4 MINUTES EACH

MAKES 12 2 1/2 INCH CAKES
OR 10 WAFFLES

SUGGESTION

Pancakes and waffles make a great breakfast!

*They can be frozen and reheated
in the toaster.*

PREPARATION

- 1 Pre-heat non-stick skillet to 400°F (200°C) or waffle iron to level 4. The skillet has reached the right temperature when a drop of water dances in the pan.
- 2 Mix rice flour and baking soda in a small bowl.
- 3 Prepare liquid mix in a medium bowl: whisk together eggs, water, applesauce, sugar, lemon juice and vanilla.
- 4 Pour flour all at once into liquid mix and stir briefly to combine. Do not over-mix.
- 5 Pour scant 1/4 cup batter circles onto skillet and sprinkle each cake with 1 tablespoon of blueberries.
- 6 Cook for 2-3 minutes on one side, flip and finish in 1-2 minutes on opposite side.
- 7 For waffles, add blueberries directly to mix before cooking, spraying iron well with vegetable oil first. Cook 3-4 minutes or until done.
- 8 Serve with slices of canned peaches.

Nutrient Analysis

PER SERVING (2 pancakes
with 3 slices of peaches)

Renal exchange:

2 Starch

Calories **196kcal**

Protein **5g**

Carbohydrates **37g**

Fiber **2.4g**

Total Fat **3g**

Saturated Fat **0.8g**

Cholesterol **82mg**

Sodium **137mg**

Potassium **106mg**

Phosphorus **68mg**