PREPARATION: 5 MINUTES | COOKING: 3 TO 4 MINUTES EACH | 12 PANCAKES OR 10 WAFFLES

FANTASTICALLY FLUFFY PANCAKES AND WAFFLES

INGREDIENTS

1 cup white rice flour
½ teaspoon baking soda
3 large eggs
½ cup water
2 tablespoons unsweetened applesauce
1 tablespoon sugar
1 tablespoon lemon juice
½ teaspoon vanilla
¾ cup frozen blueberries, dusted with 2 tablespoons flour
Sliced fresh peaches (or canned peaches in water) for garnish

PREPARATION

1. Preheat non-stick skillet to 400°F or waffle iron to level 4. The skillet has reached the right temperature when a drop of water dances in the pan.

2. In a small bowl, mix flour and baking soda.

3. In a medium bowl, prepare the liquid mixture by whisking together the eggs, water, applesauce, sugar, lemon juice and vanilla.

4. Pour flour all at once into liquid mixture and stir briefly to combine. Do not over-mix.

5. Pour ¼ cup batter onto skillet in circular shapes (don’t overcrowd the pan) 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 baking, spraying waffle iron well with vegetable oil first. Cook 3–4 minutes or until done.

8. Serve with slices of peaches.

SUGGESTION

✓ Pancakes and waffles make a great breakfast! They can be frozen and reheated in the toaster.
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POTASSIUM CHECK ✔

Rice flour and the kidney diet

Flour can be made from various types of grains. Wheat flour, specifically white all-purpose flour, is the most common type of flour used in the United States; however, there are several other types of flour easily found in your local grocery stores. Some are more kidney-friendly than others depending upon the amount of potassium and phosphorus they contain.

The rule of thumb is the lighter the color of flour, the less potassium and phosphorus it contains. Rice flour is one of the many options to consider.

Rice flour is made from finely milled rice. It can be made from either white or brown rice. The potassium and phosphorus content is quite different between white and brown rice. White rice is considered more kidney-friendly because it contains less potassium and phosphorus than brown rice. Ask your dietitian which flour is right for your diet.

Rice flour can be used to make noodles, thicken soups and stews and as a replacement for wheat flour in cakes, muffins, cookies, pancakes and waffles. Because rice flour is gluten-free it cannot be used to make yeast-type or sour dough breads. For best results when baking with rice flour it is best to seek a muffin, cake or cookie recipe that has been created using rice flour rather than wheat flour.