

PREPARATION: 5 MINUTES

COOKING: 3-4 MINUTES EACH

6 PANCAKE SERVINGS OR 5 WAFFLE SERVINGS

FANTASTICALLY FLUFFY PANCAKES & WAFFLES

Nutrient Analysis

PER SERVING: 2 Pancakes or 2 Waffles

RENAL EXCHANGE: 1 Starch + 1 Lower-Potassium Fruit

	Pancake	Waffle		Pancake	Waffle
Calories	184 Kcal	221 Kcal	Sodium	145 mg	174 mg
Protein	5 g	6 g	Potassium	115 mg	138 mg
Total Carbohydrate	34 g	41 g	Phosphorus	84 mg	100 mg
Fiber	4 g	4 g	Calcium	21 mg	25 mg
Sugars	8 g	9 g	Iron	1 mg	1 mg
Fat	3 g	4 g	Magnesium	16 mg	19 mg
Saturated	1 g	1 g	Vitamin C	3 mg	3 mg
Cholesterol	93 mg	112 mg			

Diet Types

CKD Non-Dialysis

Dialysis/Diabetes

Dialysis

Transplant



FANTASTICALLY FLUFFY PANCAKES & WAFFLES

INGREDIENTS

1 cup white rice flour

½ teaspoon baking soda

3 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 sliced peaches in water, drained

PREPARATION

- 1** Pre-heat 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** 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 approximately ¼ 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 baking, spraying iron well with vegetable oil first. Cook 3–4 minutes or until done.
- 8** Serve with slices of peaches.

NOTE

- ✓ *Pancakes and waffles make a great breakfast!*
- ✓ *They can be frozen and reheated in the toaster.*

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