**Preparation:** 5 minutes  
**Cooking:** 3–4 minutes each

**6 Pancake Servings or 5 Waffle Servings**

**Fantastically Fluffy Pancakes & Waffles**

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**Nutrient Analysis**

<table>
<thead>
<tr>
<th></th>
<th>Pancake</th>
<th>Waffle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>184 Kcal</td>
<td>221 Kcal</td>
</tr>
<tr>
<td>Sodium</td>
<td>145 mg</td>
<td>174 mg</td>
</tr>
<tr>
<td>Protein</td>
<td>5 g</td>
<td>6 g</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>84 mg</td>
<td>100 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>115 mg</td>
<td>138 mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<td>41 g</td>
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<tr>
<td>Fiber</td>
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<td>4 g</td>
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<tr>
<td>Calcium</td>
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<td>25 mg</td>
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<tr>
<td>Sugars</td>
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<td>9 g</td>
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<tr>
<td>Magnesium</td>
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<td>19 mg</td>
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<tr>
<td>Fat</td>
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<tr>
<td>Saturated</td>
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<td>1 g</td>
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<tr>
<td>Cholesterol</td>
<td>93 mg</td>
<td>112 mg</td>
</tr>
</tbody>
</table>

**Diet Types**

- CKD Non-Dialysis
- Dialysis/Diabetes
- Dialysis
- Transplant

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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.