



NUT FREE PANCAKES/WAFFLE/MUFFIN

	Ingredients	Exchanges
Protein	6.6 gm Bob's Red Mill® gluten protein flour	3 (+3 gm fat)
	----- 12 gm raw egg	----- 0.8 (-0.8 gm fat)
Fat	9.7 gm butter	1.5 (+2.2 gm)
	----- <i>Butter on top or fat on the side</i>	----- 4.5
Carbohydrate	1.6 gm Jell-O® instant sugar free vanilla pudding powder	1.3
Other	1 teaspoon water Walden Farms® pancake syrup for topping	

Recipe developed by Paige Vondran

DIRECTIONS

- In a small bowl, melt the weighed butter in the microwave.
- Add the flour, raw egg, and pudding powder to the melted butter.
- Add 1 teaspoon water to the bowl, then stir to combine ingredients.
- If adding a filling (mashed banana, blueberries, sugar free chocolate chips, etc.) add at this time.
- Add additional teaspoons of water as needed to make batter soft and slightly pourable.
- Pancakes:
 - Preheat a pan over medium heat; grease with nonstick cooking spray.
 - Pour the batter into the greased pan, forming either one or two pancakes.
 - Cook for 2-3 minutes until the one side is golden brown, then flip to cook other side.
- Waffles:
 - Preheat waffle iron and grease with nonstick cooking spray.
 - Pour batter into the greased waffle iron forming a mound in the center of the iron; the waffle will naturally spread while cooking.
 - Cook for 2-3 minutes or until golden brown.
- Muffins:
 - Preheat oven to 350 degrees, grease muffin pan with nonstick cooking spray.
 - Pour batter into muffin pan, then bake for 25-30 minutes until golden brown.

VARIATIONS

- The amount of Jell-O pudding powder should not exceed more than 40% of the protein exchange total. If your child's meal plan contains additional carbohydrates, fillings can be added to the batter.
- Carbohydrates such as fresh strawberries, blueberries, banana, or sugar free chocolate chips can be added to the batter or served on top.
- Dry seasonings such as ground cinnamon and nutmeg can be added to this recipe for additional flavor.
- This recipe can be frozen in an airtight storage bag for up to 2 months.