

BAKED EGG PANCAKES

Recipe Developed by:
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Yields: 6 Large Square Pancakes

Serving Size: 1 Pancake

Egg Protein per Serving, 2g

PANCAKE DIRECTIONS

- 1 Preheat oven to 350° F (180° C). This step may take 30-45 minutes. Bake pancakes only in an oven that is **completely preheated** to 350° F (180° C).
- 2 Grease a 9 x 13 rectangular pan with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine. Line the pan with parchment paper and grease the parchment paper with cooking spray, a lightly oiled pastry brush or safe plant-based, milk-free margarine.
- 3 In a medium bowl mix together the dry ingredients(sugar, flours, baking powder and salt)
- 4 In a large bowl whisk together the wet ingredients (plant-based beverage or milk, eggs, vanilla and canola oil or melted butter)
- 5 Fold the dry ingredients into the wet ingredients and stir until combined. Do not overstir. Some small lumps may remain.
- 6 Pour the batter into the pan and then bake for 25 to 30 minutes until firm to the touch. Use toothpick to test, toothpick should come out clean after insertion. Let cool for 5 minutes and then divide into six equal pieces. (See page 6 -baking safety).
- 7 Serve with maple syrup or fresh fruit or raspberry sauce (see recipe below)

RASPBERRY SAUCE DIRECTIONS

- 1 Pour ½ to ¾ of a 12 oz (340 g) bag of frozen raspberries in a microwave safe bowl
- 2 Heat on high in the microwave for 1 minute, stir and then heat for an additional minute
- 3 Add one to two teaspoons (5-10 ml) of maple syrup and stir. Add one squeeze of lemon juice (optional).
- 4 Serve warm on top of pancakes

INGREDIENTS

DRY INGREDIENTS

2 tablespoons (25 g) sugar

1 cup plus ½ cup (165 g) all-purpose flour (wheat)

¾ cup (80 g) white whole wheat flour (or all-purpose flour)

1 tablespoon (15 g) baking powder

½ teaspoon (3 g) salt

WET INGREDIENTS

1 cup plus ½ cup (360 ml) tolerated plant- based beverage or cow's milk. (May use milk if not allergic to cow's milk)

2 tablespoons (30 ml) of canola oil or melted cow's milk butter (May use butter if not allergic to cow's milk)

2 large eggs (100 g)

1 teaspoon (5 ml) vanilla extract



Use only tolerated ingredients or ingredients approved by your physician.