

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

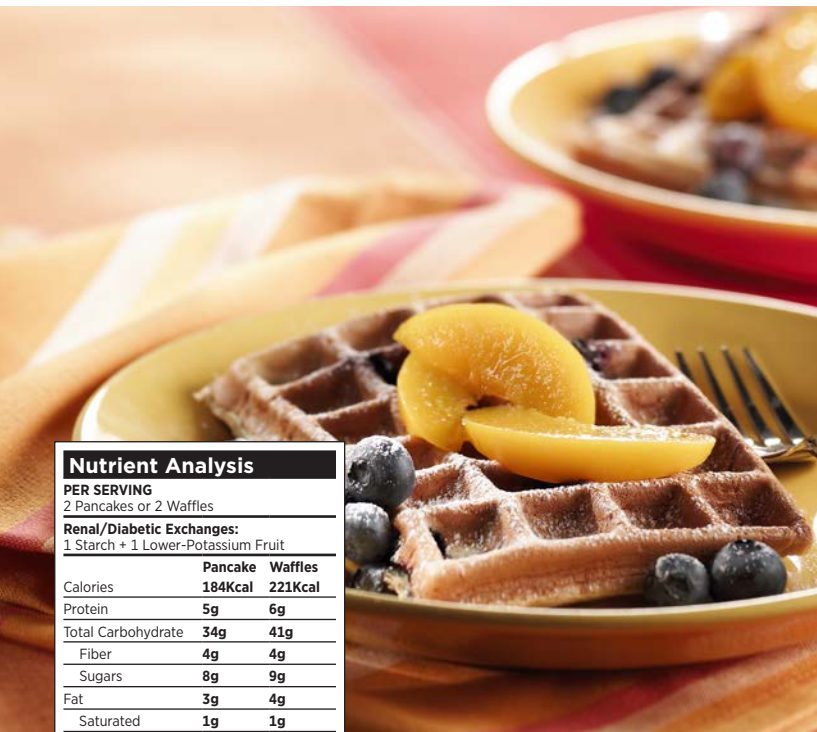
- 1** Preheat non-stick skillet to 400°F or waffle iron to level 4. The skillet has reached the right temperature when a drop of water dances in the pan.
- 2** In a small bowl, mix flour and baking soda.
- 3** In a medium bowl, prepare the liquid mixture by whisking together the eggs, water, applesauce, 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.*



FANTASTICALLY FLUFFY PANCAKES AND WAFFLES



Nutrient Analysis

PER SERVING

2 Pancakes or 2 Waffles

Renal/Diabetic Exchanges:

1 Starch + 1 Lower-Potassium Fruit

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

Diet Types

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

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.

Presented by



Favorably reviewed by



Supported by an educational donation by

