

## SUPER SIMPLE BAKED PANCAKE

### Ingredients:

2 large eggs

½ cup milk (or use ½ cup milk substitute ie: un enriched rice beverage)

½ cup all-purpose white flour

¼ teaspoon salt

1/8 teaspoon nutmeg

1 tablespoon vegetable oil

### Preparation:

1. Preheat oven to 450°F
2. Beat eggs and milk in a medium bowl with a wire whisk or electric mixer.
3. Beat in flour, salt and nutmeg until blended (tiny lumps of flour are ok)
4. Pour oil into a 9" ovenproof skillet or pie pan and place in preheated oven 5 minutes to heat oil
5. Carefully pour batter in skillet and bake uncovered 18-20 minutes. (Avoid opening oven door until pancake is puffed up and crisp around the edges. Middle will be golden brown when cooked.)
6. Cut into 4 wedges and serve with pancake syrup or fruit spread.

**Portions:** 4

**Serving size:** 2 wedges or ¼ recipe

Renal & Diabetic Food choices: ½ meat, 2 starch, 1 fat

Adapted from [www.davita.com/recipes](http://www.davita.com/recipes)