



Sweet
Dutch Baby

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PREP 10 minutes **STAND** 30 minutes

BAKE 35 minutes at 425°F

- 3 eggs
- ½ cup milk
- 3 Tbsp. granulated sugar
- ¾ tsp. ground cinnamon
- 1 cup thinly sliced Braeburn apple (1 medium)
- 2 Tbsp. butter, cut up
- ½ cup all-purpose flour
- ½ tsp. vanilla
- ⅛ tsp. salt
- Powdered sugar

1. Allow eggs and milk to stand at room temperature for 30 minutes. Meanwhile, preheat oven to 425°F.
2. In a medium bowl stir together 2 tablespoons of the granulated sugar and ¼ teaspoon of the cinnamon. Add apple slices; toss gently to coat.
3. Place butter in an oven-going skillet. Place skillet in oven about 2 minutes or until butter is melted. Remove from oven; swirl skillet to coat surface. Spread apple slices evenly in skillet. Bake about 10 minutes or until apples are slightly softened and butter is bubbling and beginning to brown around the edges.
4. Meanwhile, in a blender combine eggs, milk, flour, vanilla, salt, the remaining 1 tablespoon granulated sugar, and the remaining ½ teaspoon cinnamon. Cover and blend about 1 minute or until mixture is well mixed and frothy.
5. Pour batter evenly over apples. Bake for 25 to 30 minutes or until puffed and golden brown. Cool slightly in skillet on a wire rack (pancake will deflate quite a bit). Sprinkle warm pancake lightly with powdered sugar. Cut into six wedges. **Makes 6 servings.**

PER WEDGE 160 cal., 7 g fat (3 g sat. fat), 105 mg chol., 128 mg sodium, 20 g carb., 1 g fiber, 5 g pro.

Puffed Oven Pancake with Brown Sugar-Banana Sauce

PREP 15 minutes **BAKE** 20 minutes at 400°F

- 2 Tbsp. butter, cut up
- 4 eggs, lightly beaten
- ⅔ cup all-purpose flour
- ⅔ cup fat-free milk
- ¼ tsp. salt
- ½ cup butter
- ⅓ cup packed brown sugar
- 3 medium bananas, sliced
- 2 Tbsp. light rum or apple juice
- Powdered sugar (optional)
- Whipped cream (optional)

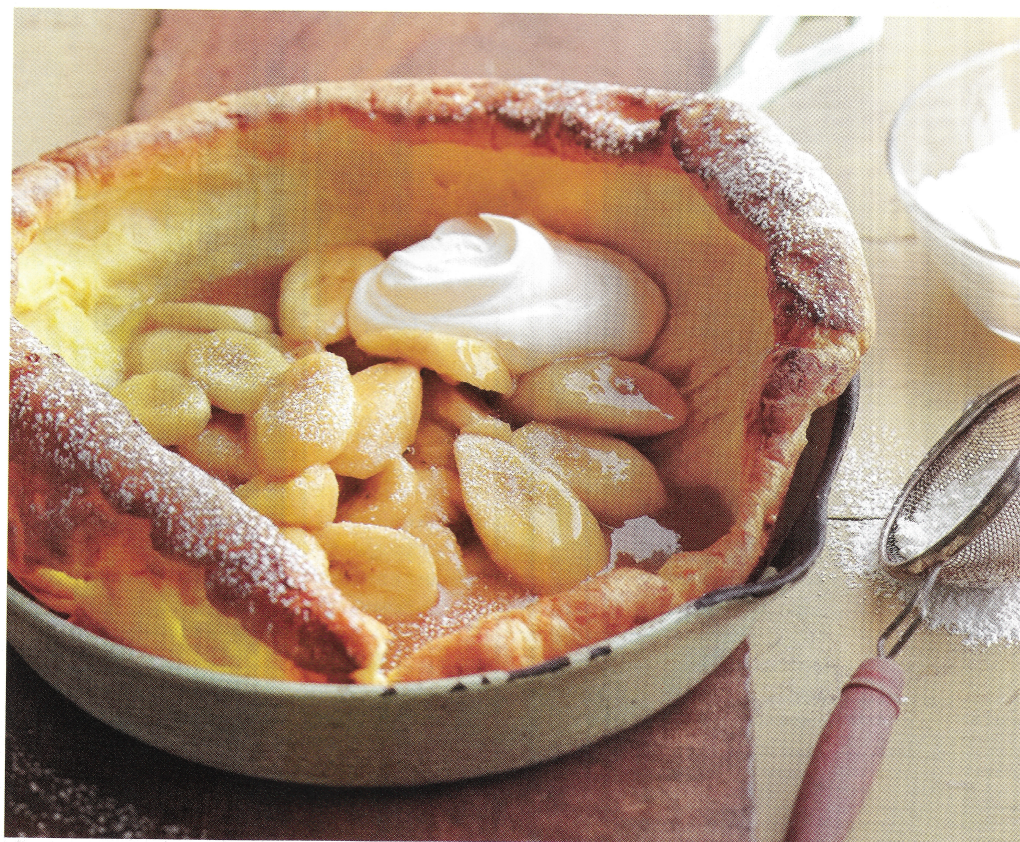
1. Preheat oven to 400°F. Place the 2 tablespoons butter in a 12-inch oven-going skillet. Place skillet in oven for 3 to 5 minutes or until butter is melted. Remove from heat; swirl skillet to coat surface.

2. Meanwhile, in a medium bowl combine eggs, flour, milk, and salt; whisk until smooth. Immediately pour batter into the hot skillet. Bake for 20 to 25 minutes or until puffed and well browned.

3. For sauce, in a small saucepan cook and stir the ½ cup butter and the brown sugar over medium heat until melted. Add bananas; cook about 2 minutes or until heated through, stirring gently. Carefully stir in rum; heat through.

4. To serve, spoon sauce over warm pancake. If desired, sprinkle lightly with powdered sugar. Cut into wedges and, if desired, serve with whipped cream. **Makes 8 servings.**

PER SERVING 290 cal., 17 g fat (10 g sat. fat), 144 mg chol., 222 mg sodium, 28 g carb., 1 g fiber, 6 g pro.



Size Matters

It's best to use a skillet at least 9 inches wide. In a smaller skillet the pancake will take longer to cook and be more moist and custardlike.