

WHOLE WHEAT DUTCH BABY

Serves: 6
Prep Time: 30min

Ingredients:

- 1 tablespoon unsalted butter
- 3 egg whites, room temperature
- 3/4 cup nonfat milk, room temperature
- 1/2 cup whole wheat flour
- 1/2 teaspoon vanilla extract
- 1 teaspoon grated orange zest
- Pinch of salt
- 2 tablespoons sugar-free, 100% fruit jam

Directions:

- Preheat oven to 450 degrees
- Place butter in an oven-safe 9" skillet and place in oven
- While the pan is heating in the oven, make the batter combining egg whites, milk, flour, vanilla, zest and salt in a blender
- Combine until smooth and no lumps of flour remain
- Carefully pull the hot skillet from the oven using an oven mitt
- Swirl the butter so that it coats the sides and bottom of the pan
- Slowly pour the batter from the blender into the skillet
- Drop 6 teaspoon-sized dollops of jam into the skillet, making sure that they're evenly spaced around the outer perimeter of the pan. The jam will sink into the batter.
- Bake at 450 for 13-15 minutes
- The batter should be puffed up, and the jam may be bubbling
- A knife or toothpick inserted into the center of the pancake will come out clean
- Slide the pancake from the skillet onto a cutting board and cut into 6 wedges, giving each portion a piece with the jam. The jam will ooze out of the pancake and act like a sauce
- Serve warm with fresh fruit



The Mickey Check is a tool that makes it easier to identify nutritious choices in stores, online and while on vacation at Walt Disney Parks and Resorts. To learn more, visit DisneyMickeyCheck.com

ALWAYS wash fruits and veggies when preparing for cooking or eating.
When cutting, dicing, peeling and slicing - ALWAYS get your parents' help or permission.

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