



Dutch Apple Pancake

South Beach Diet

BAH Note: While I'm showing the recipe the way it appears in the South Beach cookbook, we got a little crazy and used 2 Honeycrisp apples, real butter, real sugar, and regular flour. I'm sure whichever way you make it will be delicious too.

- 2 tablespoons trans-fat free margarine melted, divided
- 1 medium Granny Smith apple, peeled, cored, and cut into 1/2 inch slices
- 1/3 cup whole grain pastry flour
- 2 tablespoons sugar
- 1 tablespoons granular sugar substitute
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 3/4 cup lowfat (1%) milk
- 4 eggs, lightly beaten

Heat oven to 400 degrees.

Melt 1 tablespoon of margarine in an oven-proof skillet (10 inches or larger) over medium heat. Add apple and cook until lightly browned, about 5 minutes.

Puree remaining ingredients in a blender until just combined, about 1 minute. Pour batter into skillet, over apples. Bake until puffed and set, about 10 to 15 minutes depending on the size of your pan.

Serve hot.

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