

# DUTCH BABY PANCAKE

SERVES 4

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*2 Tablespoons unsalted butter*

*3 large eggs, at room temperature*

*¾ cup whole milk or almond milk, at room temperature*

*2/3 cup whole grain flour, such as spelt or whole wheat pastry or ¾ cup all-purpose flour or your favorite GF flour blend*

*¼ teaspoon fine sea salt*

*1 Tablespoon pure maple syrup or sweetener of choice*

*2 teaspoons pure vanilla extract*

*Accompaniments: fresh fruit, preserves, butter, powdered sugar*

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1. Preheat the oven to 425 degrees. Place the butter in a 9-inch skillet or pie plate and transfer the skillet to the oven until the butter is melted. Brush the sides of the skillet with the melted butter.
2. Add eggs, milk, flour, salt, syrup and vanilla to a blender and process for 1 minute.
3. Pour batter into the skillet with the melted butter and bake until puffed and set, about 20 minutes.
4. Serve immediately with desired accompaniments.

Notes: room temperature ingredients, as well as whole milk and all-purpose flour make the pancake rise the best. But it will still turn out well with whole spelt flour and almond milk.