

MAPLE NUT PANCAKES ✕

On weekends I sometimes like to depart from my usual breakfast LOVE^{1,2} fare and have a lower G. I. pancake. Singular pancake, not plural pancakes. One pancake big enough for two that is baked, not sizzled in a skillet. I make it this way for several reasons, one of which is that cooking in a skillet spatters oil on my laborious-to-clean range, which I try to avoid, especially on a weekend morning. Another reason is that this way I don't have to worry with making smaller pancakes all of the same size for stacking. And a third reason is that I like to have a piece of ham on the underside, for a one-dish ham-and-pancake meal.

I mix maple flavoring into the batter and I eat my half of the pancake with my sugar-free maple syrup³.

½ cup LGI flour⁴
¼ tsp "salt"
¼ cup "sugar"
1 tsp baking soda
2 X
½ cup fat-free milk
¼ cup fat-free sour cream
1 tbs liquid "butter"
1 tsp Mapleine[®] maple flavoring
¼ cup walnuts or pecans, chopped loosely
3 slices ham (sandwich size)
1 slice Swiss cheese (sandwich size)

Spray a 9½" nonstick oven pan with oil. I use a nonstick skillet with its handle removed for this.

Arrange the three slices of ham in triangular shape in the pan. Lay the slice of Swiss cheese on top of the ham, in the center of the pan.

Mix together the dry ingredients, the flour, "salt", "sugar", and baking soda, in a mixing bowl. Mix together the wet ingredients, the milk, sour cream, liquid "butter", and Mapleine, in another bowl.

Add the wet ingredients into the dry ingredients and whisk until smooth. Fold in the walnuts. Pour over the ham and cheese in the cooking pan, using a spatula to render all of the batter into the pan.

Bake for 20 minutes in a 350°F oven. Remove the pan from the oven and the pancake from the pan. Cut the pancake in two and put each half on a serving plate.

Serves 2.

¹*Andouille With LOVE And Cheese*, page 30.

²*Left-Over Vegetables and Eggs*.

³*Sugar Free Maple Syrup*, page 42.

⁴*Lower G. I. Flour Mix*, page 282.