Dutch baby
RECIPE

Dutch baby

COOK TIME	35 min
PREP TIME	5 min
MAKES	4 servings

A blank, doughy canvas, this Dutch Baby can be served up sweet or savory.

INGREDIENTS

- 3/4 cup rice flour
- 1/2 cup milk
- 2 large eggs
- 1/2 tsp. baking powder
- Pinch salt
- 1 tsp. butter
- Sweet Filling:
- 1 package of SEEDS OF CHANGE™ Organic Jasmine Rice
- 1/2 cup milk of your choice
- 1/2 Tbsp. maple syrup, to taste
- Dash cinnamon
- 1/2 cup berries
- Whipped cream (optional topping)
- Savory Filling:
- 1 pouch SEEDS OF CHANGE™ Quinoa & Brown Rice with Garlic
- 2 cups mushrooms, sliced
- 2 cups baby spinach
- 2 Tbsp. parmesan cheese, shredded

DIRECTIONS

1. In a blender, combine the rice flour, milk, eggs, baking powder and salt. Blend on high for 2-3 minutes. Let the batter rest (about 15 minutes), and preheat the oven to 425F with an oven safe nonstick pan in the oven.
2. Once preheated, add a drizzle of oil or butter to a nonstick pan (be careful - the pan is hot!) and quickly pour the batter in. Bake for 15-20 minutes.

Sweet Filling

1. Microwave Seeds of Change Jasmine Rice per package instructions
2. In a small pot, combine heated rice with 1 cup milk of your choice, a drizzle of maple syrup and a dash of cinnamon. Simmer until thickened. Use as a topper for a sweet dutch baby with mixed berries and optional whipped cream

Savory Filling

1. In a nonstick skillet, sauté mushrooms and onions until browned. Add spinach and cook until wilted.
2. Microwave Seeds of Change Quinoa & Brown Rice per package instructions. Use as a topper for a savory dutch baby alongside sautéed veggies and shredded Parmesan cheese.
3. Tip: If it’s a hot day, pour the batter in a container and let it rest in the fridge.

NUTRITION INFO

Column 1	Column 2
Servings	2
Calories (per serving)	Sweet: 600 Savory: 590
Total Fat	Sweet: 12g Savory: 13g
Saturated Fat	Sweet: 4g Savory:4.5g
Trans Fat	0g
Total Fat % DV	Sweet: 15% Savory: 17%
Saturated Fat % DV	Sweet: 20% Savory: 23%
Trans Fat % DV	0%
Cholesterol	Sweet: 195mg Savory: 200mg
Cholesterol % DV	Sweet: 65% Savory: 67%
Sodium	Sweet: 125mg Savory: 570mg
Sodium % DV	Sweet: 5% Savory: 25%
Total Carbohydrate	Sweet: 104g Savory: 95g
Dietary Fiber	3g
Sugars	6g
Total Carbohydrates % DV	Sweet: 38% Savory: 35%
Dietary Fiber % DV	11%
Protein	Sweet: 19g Savory: 22g

You might also love...

Caprese stuffed eggplant with balsamic drizzle

Cook time

5 min

Prep time

20 min

Enchiladas

Cook time

35 min

Prep time

5 min

Mushroom risotto style rice & grains

Cook time

5 min

Prep time

15 min

Phyllo wrapped chicken & rice bundles

Cook time

15 min

Prep time

15 min

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