

Cornflake Pancakes

Serves 4



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CORNFLAKE PANCAKES

Serves: 4

Portion Size: 1/4

Ingredients:

1/4 cup	Egg Substitute
1 Tbsp	Sugar
1/4 cup	Nondairy Creamer
1/4 cup	Water
1 cup	Flour
1 cup	Corn Flakes Cereal
1 Tbsp	Powdered Sugar

Instructions:



Mix egg substitute with sugar until foamy.



Add nondairy creamer, water, and flour and mix thoroughly. Fold in cornflakes until just barely mixed.



Pour 1/4 cup batter onto a heated, lightly oiled griddle.



Cook over medium heat flipping once until golden brown on both sides.



Sprinkle with powdered sugar and serve. Recipe makes four servings.

Nutritional information per serving:

Calories: 190, Protein: 6 g, Carbohydrate: 36 g, Dietary Fiber: <1 g, Total Fat: 2.5 g, Saturated Fat: 0 g, Cholesterol: 0 mg, Calcium: 18.6 mg, Phosphorus: 65.3 mg, Potassium: 119.7 mg, Sodium: 90 mg

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 1 (88g) Servings 4 Calories 190 Fat Cal. 20	Total Fat 2.5g	4%	Total Carb. 36g
	Sat. Fat 0g	2%	Fiber less than 1g	4%
	Trans fats 0g		Sugars 7g	
	Cholest. 0mg	0%	Protein 6g	
	Sodium 90mg	4%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0%	Vitamin C 2%	Calcium 2%	Iron 20%