

PANCAKES / WAFFLES

Serving Size: 2-4" cakes / 1 waffle

Protein: 2 grams

Ingredients:

	1 portion	2 portions	4 portions
Prep. Pancakes	2	4	8
Waffle/Fr. Toast	1	2	4
Hot Syrup	¼ Cup	½ Cup	1 Cup
Melted Margarine	2 Tbsp.	¼ Cup	½ Cup

Directions:

1. Prepare pancakes or waffles with soft, porous surface.
2. Pour margarine and syrup over pancakes or waffles and let soak into surface. If you prefer you can add the thickener slurry and then syrup.
3. The consistency must be very soft and moist to be tolerated on a Dysphagia Pureed or Dysphagia Mechanical texture diet.

NOTE:

If person cannot tolerate pancakes soaked as above, puree in processor.

Add just enough syrup and margarine to form a pudding consistency. Garnish with syrup for taste.

French Toast will need to be pureed because the product cannot be soaked enough to make a soft pudding consistency in the mouth.

Diabetic: 2 bread exchanges, 2 fat exchanges, use diet syrup.

Low Sodium: 2 Gram may only have 1 pancake or waffle due to baking powder in preparation. 3-4.5 Gram may have 2 pancakes only.

Low Fat/Low Cholesterol: Pancakes or waffles OK.

Bland: OK.