

Whole Wheat Dutch Baby

In a blender add:

4 eggs

2 tsp Vanilla

½ tsp salt

1 tsp sugar

2 tbs melted butter

2/3 cup whole wheat flour

2/3 cup milk of choice. Zap milk in the microwave for 20-30 seconds until its room temperature

Blend until combined

Preheat oven to 450 degrees

Once preheated add 2 tbs of butter into cast iron skillet or any skillet of choice and place skillet into the middle of the oven for 5 minutes.

Remove hot pan from oven, pour the batter into the hot skillet and place back into the oven. Let cook for 20-25 minutes.

DO NOT OPEN THE OVEN DURING THE FIRST 15 MINS OF COOKING- it will interrupt the rising process.

Once removed from the oven you will notice the Dutch baby will have puffed up.

Let cool for 5-10 minutes; you will notice it will start to deflate (which is the point).

Once cooled, top with powdered sugar, fresh fruit, syrup, the options are endless!