

## Dutch Apple Pancake

(adapted from The South Beach Diet: Quick and Easy Cookbook)

2 T. butter, melted, divided  
1 medium apple, peeled, cored, cut into ½-inch pieces OR 1 c. homemade unsweetened applesauce  
1/3 c. whole-grain pastry flour OR 1/3 c minus 1 t all-purpose flour AND 1 t. cornstarch  
2 T. sugar  
1 T granular sugar substitute  
½ t. ground cinnamon  
¼ t. ground nutmeg  
¾ c 2 percent milk  
4 eggs, lightly beaten

Heat oven to 400° F.

Heat 1 T butter in large cast-iron skillet over medium heat. Add apple and cook until softened and lightly brown, about 5 minutes, OR add applesauce and warm.

Purée 1 T butter with remaining ingredients in blender or with stick blender until just combined, about 1 minute.

Pour batter into skillet, over apples.

Bake until puffy and set, about 15 minutes.

Serve hot.