

## Apricot-Almond Dutch Babies



*Serves 6*

*30 minutes or fewer*

30 minutes or fewer These mini Dutch babies have crisp tops and a soft, moist center. Try making them with silicone baking molds for fun shapes (like the ridged cupcake-like forms above); just skip the preheating and spraying process used for muffin tins.

- 1 ¼ cups flour
  - 3 Tbs. light brown sugar
  - ¼ tsp. salt
  - 1 cup low-fat milk
  - 2 large eggs, separated
  - ¼ cup apricot preserves, plus more for serving
  - 2 Tbs. unsalted butter, melted
  - 1 tsp. vanilla extract
  - 2 Tbs. slivered almonds
1. Preheat oven to 400F. Place 6-muffin tin in oven. Combine flour, sugar and salt in bowl. Whisk together milk, egg yolks, preserves, butter and vanilla in large measuring cup or small bowl. Stir into dry ingredients.
  2. Beat egg whites 4 minutes, or until soft peaks form. Fold into batter.
  3. Coat hot muffin tin with cooking spray. Fill cups 2/3 full, and sprinkle with almonds. Bake 13 to 15 minutes, or until puffed and golden brown. Unmold, and serve with preserves.

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**SOURCE:** <http://www.vegetariantimes.com/recipe/apricot-almond-dutch-babies/>