

# Ham and Cheese Dutch Baby Pancake

Prep 10M | Cook 30M | Enjoy in 40M

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Whole wheat flour is made by grinding the whole wheat kernel (or wheat berry), with the nutritious germ and bran still intact. The resulting flour is high in fibre and has a slightly nutty flavour. It is well-suited to a variety of baking projects, like breads, muffins, crackers, waffles, pancakes and more.

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## INGREDIENTS

- 6 large eggs
  - 1/2 cup milk (1%)
  - 1 tsp Dijon mustard
  - 1/4 cup whole wheat flour
  - 1/2 cup all-purpose flour
  - 1 tbsp fresh chopped chives
  - 2 tsp fresh chopped dill
  - 1/2 tsp salt
  - 1/4 tsp fresh ground pepper
  - 3/4 cup diced ham
  - 1/2 cup grated Gruyere cheese
  - 2 tbsp butter
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## DIRECTIONS

1. Preheat oven to 425°F.
2. In a large bowl, whisk together eggs, milk and mustard. Set aside.
3. In a medium bowl, combine flours, chives, dill, salt and pepper. Add flour mixture to egg mixture.
4. Stir in cheese and ham.
5. Heat butter in a large cast iron frypan over medium heat until foamy. Swirl pan to spread butter evenly in pan.
6. Pour batter into pan and tilt pan to ensure it is spread evenly. Remove from heat and transfer to oven.
7. Cook until puffed and lightly browned at the edges, about 20 to 25 minutes. Pancake will deflate slightly after removing from oven.
8. Cut into wedges and serve immediately.

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## NUTRITIONAL FACTS

Serves 6 (1 wedge per serving)

Nutritional analysis per serving: 280 calories, 17 g fat, 18 g protein, 13 g carbohydrate (12 g available carbohydrate), 1 g fibre, 668 mg sodium