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## *Dessert Peach Pancakes*

- 1 1/2 Cups milk, fat-free
- 1 Tbsp liqueur, almond-flavored
- 1 Tsp vanilla extract
- 2 Tbsp sugar
- 1/4 Tsp salt
- 4 Egg whites, stiffly beaten
- 2 Tbsp margarine, melted
- 1 Cup flour, all-purpose
- 1 Tsp baking powder
- 1 Cup rice, brown, cooked and cooled
- 2 Tbsp nuts, almonds, sliced, for garnish, optional
- Peaches, frozen, thawed and cut into chunks (for garnish, optional)
- 16 Ounces peaches, frozen, thawed slices
- 1/4 Cup sugar
- 2 Tbsp liqueur, almond-flavored
- 2 Tbsp lemon juice

Combine milk, margarine, 1 tbsp. Amaretto, (optional), vanilla, flour, 2 tbsp. sugar, baking powder and salt in large bowl. Stir in rice. Fold in beaten egg whites.

Heat griddle or skillet coated with cooking spray over medium-high heat until hot. Pour 3 tablespoons batter for each pancake onto heated griddle or skillet. Cook until top is bubbly and underside is lightly browned (about 1 minute). Turn pancakes and lightly brown other side. Serve warm with Peach Sauce and garnish with toasted almonds and peach chunks, if desired. Makes about 24 four-inch pancakes.

Peach Sauce: puree peach slices in blender; transfer to 2-quart saucepan. Add 1/4 cup sugar, 2 tbsp. Amaretto, (optional) and lemon juice. Cook over medium heat, stirring occasionally, until sugar is melted and mixture thickens slightly, about 4 to 6 minutes. Keep warm.

Makes 12 Servings