

CARROT PANCAKES

INGREDIENTS

- 3 large carrots, washed and peeled
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 2 teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- ¼ cup packed brown sugar
- ¼ cup whole milk
- 1½ cups buttermilk
- 1 teaspoon vanilla extract
- 2 large eggs
- ¼ cup unsalted butter
- Crushed pecans (optional)

DIRECTIONS

1. Using the small side of a box grater, finely grate carrots, then set aside.
2. In a large bowl, stir together flour, baking powder, salt, cinnamon and nutmeg.
3. In a separate mixing bowl, whisk together brown sugar, whole milk, buttermilk, vanilla and eggs.
4. Add shredded carrots to the buttermilk mixture and whisk to combine.
5. Add flour mixture to the buttermilk and carrot mixture and fold to combine.
6. Heat a griddle over medium-high heat.
7. Add 1 tablespoon butter and let it melt evenly across the surface.
8. Pour ⅓ cup batter onto the griddle and spread it into a circle, about ½-inch thick.



Recipe courtesy of Academy of Nutrition & Dietetics

Serves: 6 | Serving size: 2 pancakes

Nutrition Information: 324 calories, 12g total fat, 6g saturated fat, 86mg cholesterol, 338mg sodium, 46g carbohydrate, 2g fiber, 8g protein.

9. Cook until bottom is golden brown, about 3 minutes, then flip.
10. Repeat with remaining butter and batter.
11. Serve topped with crushed pecans, if desired.