Carrot Pancakes

Carrots provide you with a boost of vitamin A in this fun twist on breakfast.

Serves 6

Ingredients

- 2 cups whole wheat pastry flour
- 1 teaspoon cinnamon
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 1/2 cups milk
- 1 egg
- 1/4 cup applesauce
- 2 tablespoons sugar
- 2 tablespoons oil
- 2 cups grated carrot

Directions

1. Whisk together flour, cinnamon, baking powder and salt.
2. Mix in milk, egg, applesauce, sugar, and oil.
4. Heat a non-stick griddle over medium heat.
5. Pour about 1/4 cup batter onto griddle for each pancake.
6. After about 3 minutes, or when bubbles start to form around edges, flip pancakes over with a spatula.
7. Cook for about 2 minutes more, until cooked through.
8. Repeat until all batter is used.

Nutrition Facts

Serving Size: 2 Pancakes
Servings Per Recipe: 6

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories: 250</th>
<th>Calories from Fat: 60</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat: 7g</td>
<td>11%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat: 1g</td>
<td>5%</td>
<td></td>
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<tr>
<td>Trans Fat: 0g</td>
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<td></td>
</tr>
<tr>
<td>Cholesterol: 35mg</td>
<td>12%</td>
<td></td>
</tr>
<tr>
<td>Sodium: 610mg</td>
<td>25%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate:42g</td>
<td>14%</td>
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</tr>
<tr>
<td>Dietary Fiber: 6g</td>
<td>24%</td>
<td></td>
</tr>
<tr>
<td>Sugars: 10g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein: 9g</td>
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</tr>
</tbody>
</table>

Vitamin A: 120%  •  Vitamin C: 15%
Calcium: 20%  •  Iron: 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. (Calories: 2,000 2,500)

Total Fat: Less than 65g, 20g
Saturated Fat: Less than 20g, 25g
Cholesterol: Less than 300mg, 300mg
Sodium: Less than 2,400mg, 2,400mg
Total Carbohydrate: 300g, 375g
Dietary Fiber: 25g, 30g

Calories per gram:
- Fat: 9
- Carbohydrate: 4
- Protein: 4

Please note: nutritional values are approximate.

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