Brilliant Beet Pancakes

These vibrant pancakes are a great way to sneak veggies into your breakfast!

Serves 12

Ingredients

- 2-3 beets, roasted, peeled and mashed
- 1 egg
- 1¾ cups whole wheat pastry flour
- 1 tablespoon baking powder
- 3 tablespoons brown sugar
- ½ teaspoon salt
- 1 teaspoon vanilla extract
- 3 tablespoons butter, melted
- ⅓ cup plain, non-fat Greek yogurt
- 1¼ cups low-fat milk

- *For Chocolate Beet Pancakes:*
- ⅓ cup cocoa powder
- 3 additional tablespoons brown sugar

Directions

1. In a large mixing bowl, whisk all ingredients together, until thoroughly combined and smooth.
2. Spoon heaping tablespoons of batter onto a hot griddle, and cook 2-3 minutes on each side.
3. Serve hot with applesauce, fresh fruit or your favorite toppings!

Nutrition Facts

Serving Size 3 Pancakes
Servings Per Recipe 12

Amount Per Serving

Calories 140	Calories from Fat 35
	% Daily Value*
Total Fat 4g	**6%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 125mg	**5%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 3g	**12%**
Sugars 6g	
Protein 4g	

Vitamin A 4% • Vitamin C 0%

Calcium 10% • Iron 6%

*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	80g
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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