Carrot Pancakes

Carrots and whole wheat flour make this breakfast a healthy and tasty choice!

Serves 6

Ingredients

- 2 cups whole wheat pastry flour
- 1 teaspoon cinnamon
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1½ cups low-fat milk
- 1 teaspoon vanilla
- 1 egg
- ¼ cup applesauce
- 2 tablespoons sugar
- 2 tablespoons oil
- 2 cups grated carrot

Nutrition Facts

Serving Size 2 Pancakes
Servings Per Recipe 6

Amount Per Serving

Calories 260	Calories from Fat 50
	% Daily Value*
Total Fat 6g	**9%**
Saturated Fat 0.5g	**3%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 260mg	**11%**
Total Carbohydrate 44g	**15%**
Dietary Fiber 7g	**28%**
Sugars 10g	
Protein 7g	

Vitamin A 130% • Vitamin C 4%

Calcium 20% • Iron 15%

*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.

Directions

1. In a large bowl, whisk together flour, cinnamon, baking powder and salt.
2. Add milk, vanilla, egg, applesauce, sugar, and oil, stirring until smooth batter forms.
3. Gently fold in grated carrot.
4. Heat a non-stick griddle over medium heat.
5. Pour about ¼ cup batter onto griddle for each pancake.
6. After about 3 minutes, or when bubbles start to form, flip pancakes over with a spatula.
7. Cook for about 2 minutes more, until cooked through.
8. Repeat until all batter is used.
9. Serve hot with applesauce, yogurt, sliced fruit or your favorite toppings.

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