## **Brilliant Beet Pancakes**

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

Serves 12



## **Nutrition Facts**

Serving Size 3 Pancakes Servings Per Recipe 12			
Amount Per Serving	g		
Calories 140	Cald	ories fron	n Fat 35
		% Da	aily Value*
Total Fat 4g		6%	
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 25		8%	
Sodium 125mg		5%	
Total Carbohydrate 21g			<b>7</b> %
Dietary Fiber		12%	
Sugars 6g			
Protein 4g			
Vitamin A 4%	• \	√itamin 0	C 0%
Calcium 10%	•	ron 6%	
*Percent Daily Value diet. Your daily value depending on your ca	s may be	e higher or l	
Saturated Fat Lea	ss than ss than ss than ss than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Please note: nutritional values are approximate.

## **Ingredients**

- 2-3 beets, roasted, peeled and mashed
- 1 egg
- 13/4 cups whole wheat pastry flour
- 1 tablespoon baking powder
- 3 tablespoons brown sugar
- ½ teaspoon salt
- 1 teaspoon vanilla extract
- 3 tablespoons butter, melted
- 1/3 cup plain, non-fat Greek yogurt
- 11/4 cups low-fat milk
- For Chocolate Beet Pancakes:
- 1/3 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!

