

# 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
- 1½ cups milk
- 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 250      Calories from Fat 60

% Daily Value\*

Total Fat 7g      11%

Saturated Fat 1g      5%

Trans Fat 0g

Cholesterol 35mg      12%

Sodium 610mg      25%

Total Carbohydrate 42g      14%

Dietary Fiber 6g      24%

Sugars 10g

Protein 9g

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	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

## Directions

1. Whisk together flour, cinnamon, baking powder and salt.
2. Mix in milk, egg, applesauce, sugar, and oil.
3. Gently fold in carrots.
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 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.

Please note: nutritional values are approximate.



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