

Beet Pancake (Bright Start)

Prep time: 5 min

Makes: 4 servings

Ingredients:

- 1 cup of all-purpose flour
- ¾ cup of whole-wheat flour
- 1 tablespoon of brown sugar
- 1 tablespoon of baking powder
- ¾ cup of beets, cooked and mashed
- ¼ cups milk
- 1 cup of plain Greek yogurt
- 1 egg
- 3 tablespoons canola oil
- 1 teaspoon of vanilla extract



Directions:

1. In a bowl, sift whole wheat flour, all-purpose flour, sugar, baking powder and kosher salt.
2. In another bowl, add beets, milk, egg, butter, Greek yogurt and vanilla and mix well.
3. Add the dry ingredients to the wet ingredients and stir until well combined.
4. Grease a frying pan with oil and drop two tablespoons of pancake mixture into it.
5. Cook the pancake for 3 minutes and flip. Cook for another 3 minutes and serve with honey or raspberry sauce. It is an easy to prepare beetroot recipe for kids to add to their plate.

Nutrient Information:

Amount: 1 serving	Sodium	Protein
Calories	299 mg	10 g
250	Total Carbohydrate	Vitamin D
Total Fat	34 g	0
75 g	Dietary Fiber	Calcium
Saturated Fat	3 g	215 mg
10 g	Total Sugars	Iron
Cholesterol	7 g	2 mg
32 mg	Added Sugars included	Potassium
	2g	244 mg

Source:

http://www.momjunction.com/articles/beetroot-recipes-for-kids_00388464/#gref