

Pink Pancakes

Makes 3-4 servings

These pancakes get their vivid color and sweetness from red beets, which are packed with nutrients and fiber. Your child can help mix the batter and top the pancakes.

Ingredients

For the pancakes

- 1 small beet, leaves and stems removed
(save them for another recipe!)
- 1 cup all-purpose flour
- 1 tablespoon baking powder
- 1 cup milk or non-dairy milk
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- ½ teaspoon salt
- 1 tablespoon vegetable or canola oil

For serving

- ½ cup plain low-fat Greek yogurt
- ½ cup berries of your choice



Photo: Sift & Simmer

Directions

1. Boil the beet until it is soft and a knife goes into it easily, about 15 minutes. Remove the beet from the water, let it cool completely, and then peel the skin off and cut it into large chunks.
2. In a large bowl, whisk together the flour, and baking powder.
3. In a blender, add ¾ cup of milk, lemon juice, vanilla extract, salt, and beet chunks. Blend until completely smooth. Measure the beet mixture and, if needed, add more milk to make 1 cup total.
4. Pour the beet mixture into the flour and whisk until smooth. Let the batter rest for 5 minutes.
5. Heat ½ tablespoon of oil in a large non-stick pan set over medium-low heat. Pour ¼ cup portions of the batter into the pan. When the top of the pancakes have small bubbles (2-3 minutes), flip the pancakes and cook until golden, another 2-3 minutes.
6. Repeat with the remaining oil and batter. Serve warm with Greek yogurt and berries.

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