

Carrot Cake Pancakes

with Creamy Maple-Orange Topping

For a special occasion or holiday brunch, wow your guests with these mouthwatering pancakes served with a dreamy, creamy topping (made with Greek yogurt!).

Topping

- 1½ cups plain 0% Greek yogurt
- 3 tbsp pure maple syrup
- ½ tsp grated orange zest

Pancakes

- 1 cup all-purpose flour
- ½ cup whole wheat flour
- 2 tsp ground cinnamon
- 1 tsp baking powder
- ½ tsp each baking soda and sea salt
- ¼ tsp each ground nutmeg and ground ginger
- 1½ cups buttermilk
- 1 cup cooked, mashed carrots
(see Kitchen Whizdom)
- 3 tbsp pure maple syrup + extra for serving (optional)
- 2 tbsp sunflower or safflower oil (or melted butter)
- 1 egg
- 1 tsp vanilla
- ½ cup each chopped walnuts and unsweetened shredded coconut

In a small bowl, combine all topping ingredients and mix well. Refrigerate until serving time.

Preheat electric griddle to medium-high heat. To make pancakes, combine both flours, cinnamon, baking powder, baking soda, salt, nutmeg and ginger in a large bowl. Mix well.

In a medium bowl, whisk together buttermilk, carrots, maple syrup, oil, egg and vanilla. Add wet ingredients to dry ingredients and mix just until dry ingredients are moistened. Stir in walnuts and coconut.

Lightly oil griddle or spray with cooking spray. For each pancake, spoon about ⅓ cup batter onto griddle and spread to make a 4-inch circle. Cook until undersides are lightly browned, about 2 minutes. Flip pancakes over and continue to cook for 2 to 3 more minutes. Top warm pancakes with yogurt topping (and extra maple syrup, if desired).

Makes 12 pancakes

Per pancake (with 2 tbsp topping): 203 calories, 7.8 g total fat (3.5 g saturated fat), 8 g protein, 26 g carbohydrate (2.2 g fiber, 10 g sugars), 25 mg cholesterol, 176 mg sodium



Many carrot cake pancake recipes call for raw, finely grated carrots, which won't cook properly in the short time it takes to make pancakes. The solution is to cook the carrots first. Just steam or boil them until tender, allow them to cool, then mash them really well with a fork.



YUM

Try chopped pecans instead of walnuts. Toasting them adds a bit more flavor.

YUMMER!

Take the topping over the top! Use 1 cup yogurt + ½ cup light cream cheese. Beat well with an electric mixer until smooth, then add the maple syrup and orange zest.

