

CARROT CAKE MAPLE PANCAKES



TIME TO PREPARE

20 Minutes



COOK TIME

25 Minutes



MAKES 12 PANCAKES



Ingredients

- 2 cups cooked grated carrots
- 1 cup all-purpose flour
- 1/2 cup whole wheat flour
- 2 tsp ground cinnamon
- 1 tsp baking powder
- 1/2 tsp EACH baking soda and sea salt
- 1/4 tsp EACH ground nutmeg and ground ginger
- 1 1/2 cups buttermilk
- 3 tbsp [Snyder Heritage Farms Organic Maple Syrup](#) + more for serving (see *Cook's Note below*)
- 2 tbsp [Snyder Heritage Farms Maple Butter](#), melted or vegetable oil
- 1 egg
- 1 tsp vanilla
- 1/2 cup EACH chopped walnuts and shredded coconut
- Vegetable oil or melted butter for cooking

Topping:

- 1 1/2 cups Greek yogurt

Steps to Make

1. **Pancakes:** In a pot of boiling, salted water, cook grated carrots for 7 to 10 minutes or until tender. Drain and cool, slightly. (*Carrots need to be steamed or boiled slightly first in order for them to be cooked properly in the pancakes.*)
2. Preheat oven to 300 F.
3. In a bowl, combine all-purpose and whole wheat flours, cinnamon, baking powder, baking soda, salt, nutmeg and ground ginger; mix well and set aside.
4. In a separate bowl, combine cooked carrots, buttermilk, maple syrup, maple butter/oil, egg and vanilla. Mix well and pour into dry ingredients. Stir just until dry ingredients are moistened. Stir in walnuts and coconut.
5. Preheat and electric griddle or frying pan to medium-high heat. Once hot, lightly oil or butter the pan then spoon about 1/3 cup batter onto hot surface and spread to make a 4-inch circle. Cook about 2 minutes or until undersides of pancakes are lightly browned, then flip to second side and continue to cook for 2 to 3 minutes longer. Transfer pancakes to baking sheet in the preheated oven to keep warm. Continue with batter cooking remaining pancakes.
6. **Topping:** In a bowl, combine yogurt and maple sugar. Serve on top of warm pancakes. Garnish with additional chopped walnuts if desired.

- 1 tbsp [Snyder Heritage Farms Maple Sugar](#)
- Chopped walnuts, optional

Cook's Note: I love to warm my maple syrup in a pot or microwave before serving. Warm maple syrup goes so much further than cold, plus it keeps the pancakes warm too!