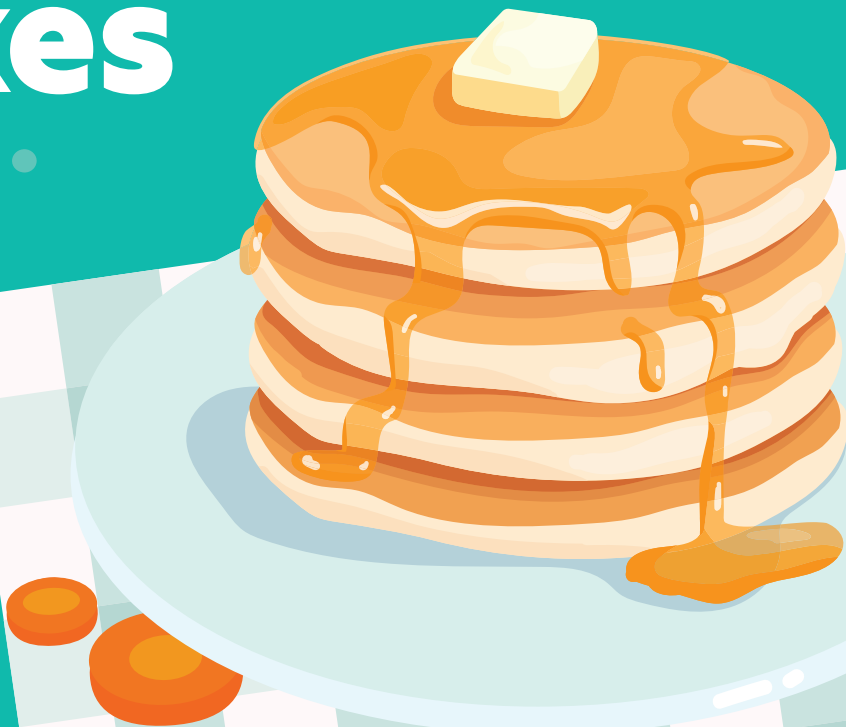


Sweet Carrot Pancakes

**Bee
Healthy**
menu by **Busy Bees.**



Sweet Carrot Pancakes

Prep time: 15 minutes. Cook time: 20 minutes. Serves: 10 pancakes

Ingredients

1 Carrot, medium
½ cup Flour, plain
½ cup Flour, wholemeal
½ tsp Baking powder
½ tsp Bicarb-Soda
2 tsp Cinnamon, ground
½ tsp Nutmeg, ground
1 Egg
1 tsp Vanilla essence
1 cup Milk, full cream
3 tbsp Brown sugar
40ml Vegetable oil

Method

1. Wash and grate the carrot, then set aside.
2. In a large bowl mix both flours, baking powder, bicarb-soda, cinnamon, and nutmeg.
3. In a different bowl, whisk the egg, vanilla, milk, and brown sugar together and then stir in the grated carrot.
4. Pour the liquid ingredients into the dry ingredients and stir until combined.
5. Warm a large frying pan over medium heat and add 20ml of vegetable oil.
6. Add about ⅓ cup of the batter to the pan for each pancake and cook for 2-3 minutes on each side.
7. Repeat until all the batter is gone.

Spread with Nuttalex and serve warm. Can also be served with Greek yoghurt.

Allergen alternatives:

For gluten free, use gluten-free flour
For dairy free use rice milk, and natural or vanilla coconut yoghurt for serving (if using)
For egg free, use egg replacer or chia eggs.

