

CARROT CAKE PANCAKES

These cakey flapjacks feature bright carrot flavour and a silky maple cream to turn your breakfast into something moderately reminiscent of dessert. Eating vegetables at daybreak never tasted so good. The batter can be made up to a day in advance and kept chilled, but it should be left at room temperature for at least 30 minutes before using. Prepared pancakes freeze well.

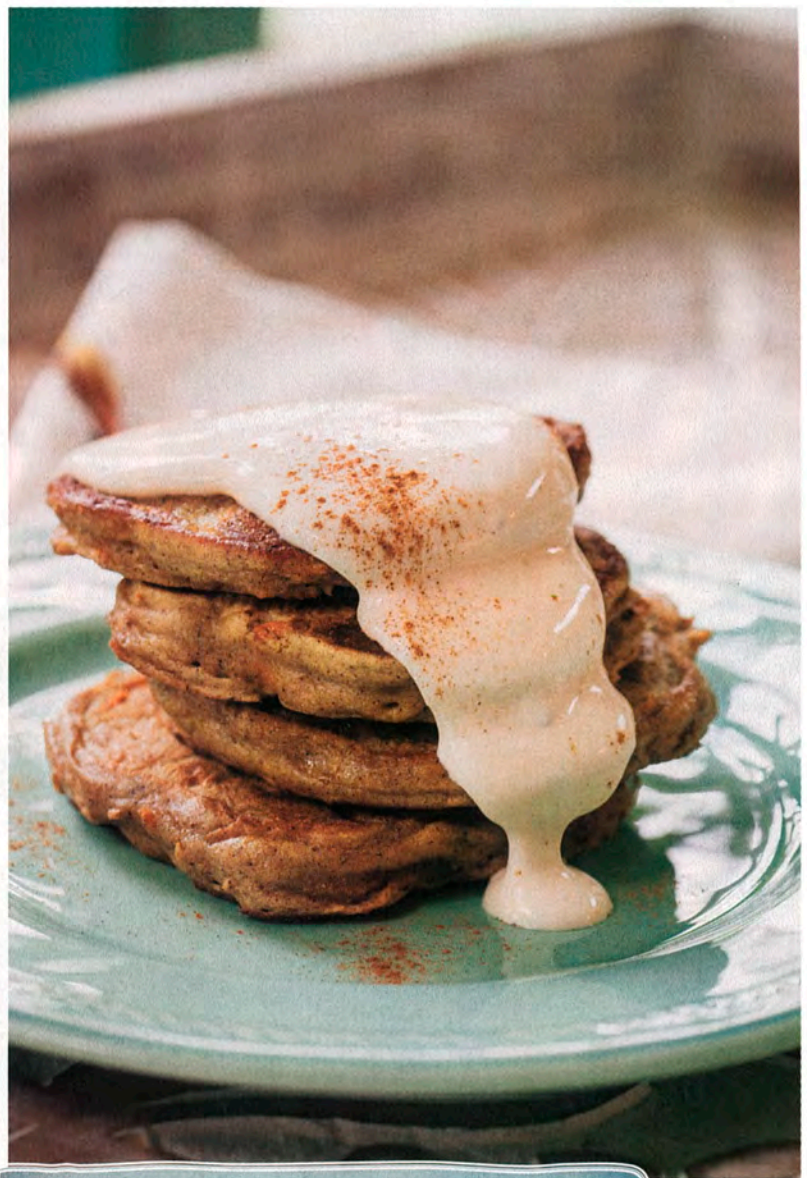
- 1 1/4 cups (310 mL) organic oat flour
- 2 tsp (10 mL) baking powder
- 1/2 tsp (2 mL) baking soda
- 1 1/2 tsp (7 mL) ground allspice
- 1/2 tsp (2 mL) ground ginger
- 1/4 tsp (1 mL) salt
- 2 large organic eggs
- 3/4 cup (180 mL) + 2 Tbsp (30 mL) buttermilk
- 1 Tbsp (15 mL) coconut sugar or other raw-style sugar
- 1 1/2 tsp (7 mL) vanilla extract, divided
- 1 1/2 cups (350 mL) grated carrot
- 1/4 cup (60 mL) chopped walnuts
- 4 oz (115 g) cream cheese, softened at room temperature
- 3 Tbsp (45 mL) milk
- 3 Tbsp (45 mL) maple syrup
- 1 tsp (5 mL) grated orange zest

In large mixing bowl, stir together oat flour, baking powder, baking soda, allspice, ginger, and salt.

In separate bowl, lightly beat eggs. Stir in buttermilk, sugar, and 1 tsp (5 mL) vanilla. Add wet ingredients to dry ingredients and mix gently. Fold in carrots and walnuts. Let mixture rest for 5 minutes while you make the maple cream topping.

Whisk together cream cheese, milk, maple syrup, orange zest, and 1/2 tsp (2 mL) vanilla until smooth. Add more milk, 1 Tbsp (15 mL) at a time, if needed to reach thin consistency.

Grease large skillet or griddle with butter or oil and heat over medium heat. Pour 1/4 cup (60 mL) batter for each pancake, and cook until tops are covered with bubbles and edges darken, about 2 minutes. Flip



Sour power

NO BUTTERMILK IN THE FRIDGE? MAKE YOUR OWN BY STIRRING TOGETHER 1 CUP (250 ML) REGULAR MILK WITH 1 TBS (15 ML) LEMON JUICE. LET IT SIT FOR 5 MINUTES.

pancakes and cook until bottoms are browned, about 1 minute. Repeat with remaining batter, greasing pan as needed. Keep cooked pancakes warm in 200 F (95 C) oven while preparing separate batches of pancakes.

Place pancakes on serving plates and top with maple cream.

Serves 4.

Each serving contains: 397 calories; 16 g protein; 16 g total fat (5 g sat. fat, 0 g trans fat); 49 g total carbohydrates (18 g sugars, 6 g fibre); 390 mg sodium >>