

Beet Pancakes

Help your heart “beet” strong with these pancakes. This breakfast classic is full of heart healthy ingredients such as potassium-rich beets and cholesterol-lowering fiber from the oats!

Ingredients:

- 2 cup rolled oats
- 1.5 teaspoon baking powder
- ¼ teaspoon salt
- 2 large eggs
- ½ cup plain yogurt
- 2 teaspoon pure vanilla extract
- 4 ounce beets
- ½ cup unsweetened applesauce
- 3 tablespoon maple syrup
- 2 tablespoon olive oil, plus extra for cooking



Directions:

1. Combine oats, baking powder, and salt to a high-speed blender. Blend until oats become a fine powder. Pour the oat flour mixture into a bowl and set aside.
2. In the now empty blender, combine remaining ingredients (beets, egg, oil, yogurt, vanilla, syrup, applesauce). Blend until smooth. Add the oat flour mixture into the blender and blend again. Stop a few times to scrape the sides of the blender to ensure everything is well mixed.
3. Heat a pan or other skillet over medium-low heat. Add a little cooking oil to the pan. When the oil is hot, portion out the batter into small pancakes.
4. Cook until you see small bubbles forming on the top of the pancake and the edges seem dry, about 2-3 minutes. Flip and cook the other side for another 2-3 minutes. Place cooked pancakes onto a plate and continue with the remaining batter.
5. Enjoy warm with topping of choice. Let cool completely before storing leftovers in an air-tight container in fridge for 4-5 days or in freezer.

If not using canned or precooked beets, roast trimmed and cleaned whole beets in tin foil at 400 degrees F (30-35 minutes for small and 45-60 minutes for large beets). Then, peel the beets and slice.

Yield: 20 small pancakes

Nutrition Facts (2 pancakes):

127 Calories; 4 g Fat (1 g Saturated Fat; 0 g Trans Fat); 2 mg Cholesterol; 101 mg Sodium; 18 g Carbohydrate (2 g Fiber, 7 g Total Sugar, 4 g Added Sugar); 3 g Protein; 1% Daily Value (DV) Vitamin A; 1% DV Vitamin C; 0% DV Vitamin D; 10% DV Calcium; 4% DV Iron; 3% DV Potassium