

# Kids in the Kitchen

## RECIPE



### PINK BEET PANCAKES

*Recipe from Carla Burke, RD*

#### INGREDIENTS

- 2 c flour
- 3 tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 2 medium sized canned beets
- 1 ½ c whole milk
- ¼ c maple syrup
- ¼ c melted butter
- Butter or oil for cooking pancakes

#### DIRECTIONS

1. Place wet ingredients (beets, milk, syrup, and melted butter) into a blender. Blend on high until combined. Add all remaining dry ingredients and blend until beets are no longer in pieces and the mixture is smooth.
2. Heat up a skillet on medium high heat. Spray or spread a small amount of butter or oil on the skillet. Make small pancakes, about ¼ c of batter or less as these will less likely burn.
3. Once the pancakes are solid on the bottom side, flip. Cook both sides until golden on the outside.
4. Serve and enjoy!

