RABBIT PANCAKES

SERVES 6

INGREDIENTS

1/2 cup whole wheat flour
1/2 cup quick oats
1 tablespoon sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
3/4 cup buttermilk
1/2 cup skim milk
1 tablespoon vegetable oil
1 egg
1/2 cup grated carrots
Applesauce

DIRECTIONS

1. Thoroughly mix the dry ingredients
2. Mix together milks, oil, egg and carrots.
3. Fold dry ingredients into the wet just until mixed.
4. For each pancake pour about 1/4 cup of batter onto a lightly oiled griddle or pan.
5. Cook until the pancakes are puffed and dry around the edges. Turn and cook the other side until golden.
6. Top with applesauce.

NUTRITION INFORMATION:

Calories: 126
Fat: 3.9 grams
Saturated Fat: 1.0 grams
Cholesterol: 33 milligrams
Carbohydrate: 18.5 grams
Dietary Fiber: 1.2 grams
Protein: 4.7 grams
Sodium: 356 milligrams
Vitamin A: 32%
Calcium: 11%
Vitamin C: 1%
Iron: 6%

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