



HARVEST OF THE MONTH

Ingredient: Beets

Beet Pancakes

(Adapted from thenaturalnurturer.com)

INGREDIENTS

- 2 cups rolled oats uncooked (use GF if desired)
- 1 ½ teaspoons baking powder
- ¼ teaspoon fine salt
- 2 large eggs
- ½ cup plain yogurt
- 2 teaspoon pure vanilla extract
- 4 ounce beets cooked and peeled. *Adjust the amount of beets to preferred taste. Roast beets for stronger color.
- ½ cup unsweetened applesauce or mashed ripe banana
- 2 Tablespoons maple syrup or sugar
- 2 Tablespoon neutral oil plus more for cooking

INSTRUCTIONS

1. Combine oats, baking powder, and salt to a high-speed blender. Blend until oats become a fine powder.
2. Pour the oat flour mixture into a bowl and set aside.
3. In the now empty blender, combine remaining ingredients (beets, egg, oil, yogurt, vanilla, syrup, applesauce). Blend until smooth and well combined. 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. The batter will be thick.
4. **TIP:** *If you aren't using a high speed blender, combine oat and liquid ingredients in a bowl.*
5. 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 using a spoon or cookie scoop.
6. 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.
7. Enjoy!