



This recipe was served as a cafeteria taste test in February 2025. Students enjoyed it and found it a fun new way to eat beets.

HARVEST OF THE MONTH

Ingredient: Beets

Apple-Beet Sheet Pancake

PREP TIME:	10 minutes
COOK TIME:	20 minutes
TOTAL TIME:	30
SERVINGS:	4 Servings
AUTHOR:	Adapted from www.budgetbytes.com

INGREDIENTS

1 cup white flour
1 cup whole wheat flour
¼ cup sugar
1 Tbs baking powder
¾ tsp salt
1 ½ cup of milk
2 large eggs
4 Tbs butter, melted
1 tsp vanilla extract
½ cup chopped apples
½ cup chopped cooked beets
Cooking spray/oil

INSTRUCTIONS

1. Preheat oven to 425 and grease an 11x17 inch baking sheet with oil or cooking spray.
2. In a large bowl, whisk together the flour, sugar, baking powder, and salt
3. In the same bowl, add in milk, eggs, melted butter, and vanilla. Whisk the wet and dry ingredients together until just combined. Be careful not to over mix.
4. Fold apples and beets into the batter
5. Pour batter onto the baking sheet and spread evenly.
6. Bake for 18-20 minutes or until golden brown
7. Allow pan to cool slightly, then slice and serve!