

Carrot potato pancakes

Double this recipe and freeze extras for later! Whip up a batch on the weekend to enjoy throughout the week for a quick breakfast, dinner or snack.



Vegetarian



30 mins or less



Kid-friendly



Freezer-friendly



PREP TIME
10 min



COOK TIME
10 min



SERVINGS
4

Ingredients

- 4 eggs
- 500 mL (2 cups) finely grated carrot
- 500 mL (2 cups) finely grated potato
- 15 mL (1 tbsp) finely grated onion
- 30 mL (2 tbsp) whole wheat flour
- 2 mL (½ tsp) baking powder

Directions

1. Beat eggs in a large bowl. Stir in carrot, potato, onion, flour and baking powder. Mix well.
2. Spray griddle or non-stick skillet lightly with cooking spray. Heat over medium heat. Using 125 mL (½ cup) measuring cup, pour batter onto hot griddle. Cook for about 2 minutes or until light golden brown. Flip over and cook for another minute or until light golden brown. Repeat with remaining batter.

Tips

- ✓ This is a fun recipe to make with kids. Little chefs can help mix up the pancake batter. **Older kids** can help cook the pancakes.
- ✓ Get creative with this recipe and swap out the grated carrot for grated zucchini instead. Squeeze out the water with your hands before adding to the egg mixture.
- ✓ **Make now and enjoy later.** Layer pancakes between wax or parchment paper and freeze for up to 2 weeks.
- ✓ Warm through in the **microwave** for a quick breakfast.
- ✓ For a kick of **flavour**, add pepper to taste and serve with low-fat sour cream or lower fat plain yogurt.
- ✓ Try using less of the ingredients that are high in added sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little goes a long way.

Adapted with permission from *The Basic Shelf Cookbook*, published by the Canadian Public Health Association.



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