

One of our favorite “Breakfast for Lunch” meals at Mary Johnson is Carrot Cake Pancakes. They may sound like a dessert, but actually they are simply regular pancakes with shredded carrots and cinnamon and nutmeg added to make them more “carrot cakey”. If you are hoping to get a few more veggies into your meals this is a fun way to do it. Sometimes I shred in zucchini instead of carrots or even shredded beets (when you are feeling really brave!)

Here is the recipe for your own pancake mix. Or if you have a ready-made mix simply add one-half cup of shredded carrots to a batch that makes 4-6 pancakes and one whole cup of shredded carrots for a batch that makes 8-10 pancakes.

Basic Pancake Mix (this will make enough for two batches of pancakes)

3 ½ cups white flour

2 ½ cups whole wheat flour

½ cup dry milk

1 ½ tablespoon baking powder

1 tablespoon sugar (optional)

½ cup butter (solid, cut into chunks to add to mix)

1. Stir together dry ingredients in a large bowl.
2. Cut in the butter with a pastry cutter or two butter knives until the mixture looks like coarse cornmeal. It is ok if you still have pea size pieces of butter in the mix.)
3. Store in a large ziplock bag or covered container in the refrigerator. If kept in the fridge this mix will be good for 6 weeks)

Carrot Cake Pancake Additions

Shred or grate one medium sized carrot. You don't need to peel the carrot before shredding. This should be about one half cup of shredded carrots.

2 eggs

2 cups milk (even though we added dry milk to the mix I use milk again in the pancakes) (add a little more liquid milk if the mix is still quite dense)

½ teaspoon nutmeg

½ teaspoon cinnamon

In a large mixing bowl add 3 cups of the basic pancake mix. Add the shredded carrots and spices next.

Add two eggs and the 1 ½ cups of milk. Stir well, there may still be a few lumps. I measure out about ½ a cup of the batter onto a hot, greased, griddle. Cook until there are bubbles forming on the edge of the pancakes; flip and cook until you can peek and see they are turning golden underneath. Serve with warm maple syrup, blueberries, yogurt or other fruits.

