

Bite-Sized Vegetable Pancakes



Makes:

10 servings, 3 pancakes per serving (approximately 30, 2 ½ in. pancakes)

Utensil:

Saladmaster Food Processor

10" Chef's Gourmet Skillet

small mixing bowl

large mixing bowl

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Recipe Description:

Small silver dollar size pancakes are easy to handle for toddlers. Shredded zucchini, carrots and sweet potatoes make a nutritious portable pancake that is delicious served warm or at room temperature.

2

cups

zucchini or summer squash, shredded, use Cone #1

(248

g)

1

cup

carrots, scrubbed and shredded, use Cone #1

(128

g)

2

cups

sweet potatoes, shredded, use Cone #1

(248

g)

2

scallions, minced, white and green part

1

cup

cornmeal

(159

g)

1

teaspoon

baking powder

(2

g)

¹?₂

teaspoon

dried basil

(.5

g)

1

teaspoon

natural salt

(6

g)

2

eggs, organic

Directions:

1. Shred zucchini, carrots and sweet potato directly into a large bowl. Add scallions and mix to combine.
2. In a small bowl, thoroughly combine cornmeal, baking powder, basil and salt.
3. Add dry mixture to vegetables and mix to combine.
4. Whisk eggs together in a small bowl. Pour over vegetables and stir to combine. Mixture should be slightly sticky.
5. Roll approximately 2 tablespoons of mixture into small balls and flatten with the palm of your hand into a 2 ½ in. pancake.
6. Preheat skillet over medium heat. When several drops of water sprinkled on skillet skitter and dissipate, approximately 7 - 9 minutes, place pancakes in skillet without overcrowding.
7. Cook pancakes for 3 - 4 minutes on each side until golden brown. The insides will still be moist.
8. Serve pancakes as is or top with applesauce, plain yogurt or sour cream.

Tips:

- Substitute cornmeal for gluten-free flour blend.
- Pancakes can be frozen and reheated in the oven at 350°F/177°C until warmed and crispy.
- Substitute all or half of the sweet potato for russet potato or red potato.

Nutritional Information per Serving

Calories:

97

Total Fat:

2g

Saturated Fat:

1g

Cholesterol:

37mg

Sodium:

328mg

Total Carbs:

18g

Dietary Fiber:

3g

Sugar:

3g

Protein:

3g