

carrot cake pancakes

Ingredients

½ cup unsweetened applesauce

2 eggs

⅓ cup unsweetened almond milk
(or milk of choice)

1 tsp. vanilla extract

1 Tbsp. maple syrup, honey or
agave

1½ cups old-fashioned rolled oats

2 tsp. baking powder

1 tsp. cinnamon

Dash of nutmeg

Dash of salt

1 cup shredded carrots

¼ cup pecans

¼ cup raisins

Instructions

1. Shred carrots with a cheese grater and set aside.
2. Place all ingredients EXCEPT for carrots, pecans and raisins into a blender or food processor and blend on high until smooth.
3. Stir in carrots, pecans and raisins.
4. Lightly coat a griddle with butter or oil.
5. Add a scoop of batter onto griddle to reach desired pancake size.
6. Cook for 2 - 4 minutes on each side.
7. Wipe skillet clean, add oil and continue to cook the pancakes until you run out of batter.
8. Serve with maple syrup and enjoy!



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