



SECOND HARVEST
of SILICON VALLEY

Homestyle Beet Pancakes

Ingredients

- 2 cups rolled oats
- 1 ½ tsp baking powder
- ¼ tsp salt, or to taste
- 1 medium red beet, peeled, chopped, and cooked
- ½ cup plain yogurt
- ½ cup unsweetened apple sauce
- 2 large eggs
- 2-3 Tbsp honey or maple syrup, or to taste
- 2 Tbsp vegetable oil + more for cooking
- 2 tsp vanilla extract, optional
- 3 Tbsp milk, or more if needed, optional

Yields: 16-18 small pancakes

Prep time: 5 minutes

Cook time: 20-25 minutes

Total time: 25-30 minutes

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Directions

1. Combine oats, baking powder, and salt into a blender. Blend until oats become a very fine flour. Pour oat mixture into a bowl and set aside.
2. In the now empty blender, add the beet, yogurt, apple sauce, eggs, honey/maple syrup, 2 Tbsp oil, and vanilla (if using). Blend until smooth and well combined.
3. Add the oat mixture back into the blender and blend again. Stop and scrape down the sides of the blender as needed. If using, add milk to thin out the batter for less dense pancakes and blend to combine.
4. Heat a 12-inch pan over medium-low heat and add vegetable oil.
5. Pour the batter a little at a time into the pan to form 4 small pancakes, about 3 to 4 inches wide. Cook until small bubbles form on the top of the pancakes and the edges look dry, about 3 minutes. Flip and cook the other side for another 2 minutes. Place cooked pancakes aside and continue to cook the remaining batter.

Tips:

- You can cook the beet however you like: steamed, boiled, roasted, etc.
- A regular, runnier yogurt works better than a thick, Greek yogurt for this recipe.
- Topping ideas: chopped nuts, fresh fruit, yogurt, maple syrup, honey, or nut butter