



## CARROT CAKE PANCAKES



### INGREDIENTS:

- 1/2 cup plain Greek yogurt
- 1/2 tsp cinnamon
- 1/2 tsp ground ginger and nutmeg
- 1/2 tsp baking powder
- 2 egg whites
- 3/4 cup old fashioned oats
- 1/2 cup water
- 1/3 carrots, chopped fine
- 1/4 cup carrots, grated
- Optional: 2 tbsp walnuts, chopped; 2 tbsp golden raisins

### DIRECTIONS:

1. Put all of the ingredients in a blender (except for the 1/4 cup grated carrots and optional add ins) and blend until smooth.
2. Stir in the additions.
3. Heat a nonstick large skillet or griddle and spray with non-stick spray.
4. Spoon about 1/4 cup of batter per pancake onto griddle.
5. Turn pancakes over when tops are covered with bubbles and edges look cooked.
6. Take off of heat and serve.

Enjoy!

Makes 2

Calories: 262 | Protein: 27 gm | Carbs: 31 gm | Fat: 3 gm