Special Olympics
British Columbia

Carrot Potato Pancakes
Makes 4 servings

Prep Time: 10 minutes
Cook Time: 10 minutes

INGREDIENTS:
- ✓ 4 eggs
- ✓ 500 mL (2 cups) finely grated carrot
- ✓ 500 mL (2 cups) finely grated potato
- ✓ 15 mL (1 tbsp) finely grated onion
- ✓ 30 mL (2 tbsp) whole wheat flour
- ✓ 2 mL (½ tsp) baking powder

DIRECTIONS:
1. Beat eggs in a large bowl. Stir in carrot, potato, onion, flour, and baking powder. Mix well.
2. Spray griddle or non-stick skillet lightly with cooking spray. Heat over medium heat.
3. Using 125 mL (1/2 cup) measuring cup, pour batter onto hot griddle. Cook for about 2 minutes or until light golden brown. Flip over and cook for another minute or until light golden brown. Repeat with remaining batter.

TIPS
- Get creative with this recipe and swap out the grated carrot for grated zucchini instead. Squeeze out the water with your hands before adding to the egg mixture.
- Make now and enjoy later. Layer pancakes between wax or parchment paper and freeze for up to 2 weeks. Warm through in the microwave for a quick breakfast.
- For a kick of flavour, add pepper to taste and serve with low-fat sour cream or lower fat plain yogurt.
- Try using less of the ingredients that are high in added sodium, sugars, or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little goes a long way.