

CARROT CAKE PANCAKES

SERVES: 8 | SERVING SIZE: 2 pancakes with 2 tablespoons cream cheese topping and 1 tablespoon chopped walnuts
PREP: 20 minutes | READY: 1 hour

INGREDIENTS

Pancakes

- 1 cup white whole-wheat flour
- 1 cup all-purpose flour
- 1/3 cup granulated sugar
- 1 tablespoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground ginger
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon kosher salt
- 1 1/2 cups 1% milk
- 1 large egg
- 2 tablespoons plus 2 teaspoons neutral oil (such as canola or vegetable oil), divided
- 1 tablespoon vanilla extract
- 1 2/3 cup freshly grated carrots
- 2/3 cup raisins

Cream cheese topping and walnut garnish

- 6 tablespoons (3 ounces) reduced-fat cream cheese (such as Philadelphia 1/3 less fat Neufchâtel cheese), softened
- 1/3 cup powdered sugar
- 1/2 teaspoon vanilla extract
- 1/3 cup plain low-fat Greek yogurt (such as FAGE Total 2%)
- 1/4 cup 1% milk
- 1/2 cup walnuts halves, chopped



DIRECTIONS

To prepare pancakes, combine whole-wheat flour, all-purpose flour, granulated sugar, cinnamon, nutmeg, ginger, baking powder, baking soda, and salt in a large bowl; set aside.

In a medium bowl, whisk together milk, egg, oil (2 tablespoons), and vanilla extract. Pour liquid mixture over dry ingredients and stir until batter is just combined. Allow batter to sit while grating carrots. Add grated carrots and raisins to batter and stir until just combined.

Coat a nonstick griddle or skillet with 1 teaspoon oil and set heat to medium-high. When hot, spoon batter onto griddle using a level 1/4 cup measure per pancake. Turn pancakes when tops form bubbles and edges appear cooked. Briefly cook second side, just long enough to brown. Repeat with remaining batter, using additional 1 teaspoon oil to coat skillet if necessary. Batter will yield 16 pancakes.

To prepare cream cheese topping, using an electric mixer, beat cream cheese, powdered sugar, and vanilla extract until smooth. Add yogurt and milk and continue to beat until smooth.

To serve, place 2 pancakes on a plate, dollop with 2 tablespoons cream cheese topping, and sprinkle with 1 tablespoon chopped walnuts.

NUTRITION INFORMATION PER SERVING

362 calories, 12.5 g total fat, 3 g saturated fat, 0 g trans fat, 33 mg cholesterol, 366 mg sodium, 54 g total carbohydrate, 4 g dietary fiber, 27 g total sugars, 13 g added sugars, 9 g protein, 1 mcg (6%) vitamin D, 128 mg (10%) calcium, 2 mg (10%) iron, 306 mg (6%) potassium

