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carrot cake pancakes

MAKES 12 TO 20 PANCAKES (depending on size)

PREP TIME: 12 to 15 minutes **COOK TIME:** 20 to 25 minutes

2 eggs

1/2 cup milk

1/2 cup smooth, unsweetened applesauce, store-bought or homemade (*recipe follows*)

1 tablespoon vegetable oil

1 1/4 cups unbleached all-purpose flour, whole-wheat flour, or oat flour

2 teaspoons baking powder

2 teaspoons ground cinnamon

1/4 teaspoon salt

1/4 cup packed light brown sugar

2 cups peeled, shredded carrots (about 2 1/2 carrots)

Butter or applesauce with a drizzle of maple syrup or honey, for topping (optional)

We enjoy these pancakes for breakfast and then pack up a few in a to-go container because they make a delicious snack.

We prefer to shred the carrots by hand or use the shredder blade on a food processor rather than buying preshredded carrots at the store for this recipe, because the preshredded carrots are too thick and long (they are matchstick-size rather than shredded).

We use unsweetened applesauce for this recipe, but you can use whatever you have—or you can make your own applesauce using the recipe on page 26 (see *below*).

In a large bowl, whisk the eggs and then add in the milk, applesauce, and oil.

In a medium bowl, mix the flour, baking powder, cinnamon, salt, and sugar. Mix the dry ingredients into the wet ingredients. Then add the carrots and mix until they're well blended.

Heat a nonstick griddle over medium heat. (A drop of water should sizzle on it.) When it's ready, add a little butter or cooking spray to the surface.

Add 1 to 2 tablespoons of batter for each pancake. Cook for about 3 minutes per side, until golden brown. You can test for readiness by pushing the spatula down on the pancakes. If no batter oozes out, they are done and ready to eat. The first few pancakes always seem to take a touch longer, so be patient! Top with butter and syrup and serve. If you have leftover cooked pancakes, store them in an airtight container in the freezer for up to a month and pop them in the toaster or the oven to reheat and enjoy.

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now *that's*
a MOUTHFUL

applesauce

MAKES 4 CUPS (8 half-cup servings)

PREP TIME: 15 minutes **COOK TIME:** 20 to 25 minutes

5 large apples (we usually use Fuji apples)

1/2 cup apple juice

Yes, you can buy applesauce—but homemade is so much better, and incredibly easy! We eat it straight all the time and also enjoy it with pancakes, yogurt, oatmeal, and baked potatoes. You'll see applesauce in many of our recipes because it's so versatile.

Core the apples and chop them into 1-inch cubes. (You don't need to peel them.) Be sure to use as much of the apple as possible.

Add the apples and apple juice to a large saucepan. Cover and cook over medium-low heat for 20 to 25 minutes, stirring occasionally, until the apples are soft.

Remove from heat and let the apples cool for 5 minutes. Add the apples and their juice to a blender and blend to the desired consistency; serve warm or chilled. This will keep in the refrigerator for 5 days and in the freezer for a month.

twin tip

If you have bruised apples, don't throw them away—use them to make applesauce.

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