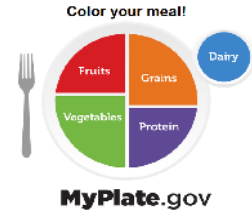




PURPLE PANCAKES



Ingredients:

- 1 zucchini, grated
- 1 beet, grated
- 1 carrot, grated
- 3 kale leaves, thinly chopped
- 3 eggs

- 2 tbsp reduced sodium soy sauce
- 1 tsp baking powder
- 4 tbsp canola oil
- 2/3 cup whole wheat flour
- 1/2 tsp garlic powder
- 1/2 tsp onion powder

Directions:

1. Beat eggs in a bowl and stir in vegetables.
2. Add soy sauce, baking powder and 1 1/2 teaspoons of oil. Mix it well.
3. Stir in the flour until just combined to make the batter.
4. Over medium heat, heat 1 tsp of oil in a large skillet and scoop the batter to make the pancakes.
5. Cook until browned, 2 to 3 minutes per side.
6. Enjoy!

Find more recipes and resources online at: www.gcfb.org/recipes_resources

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Mention Gleaners when speaking with your SNAP representative.

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