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
½ tsp garlic powder
½ tsp onion powder

Directions:

1. Beat eggs in a bowl and stir in vegetables.
2. Add soy sauce, baking powder and 1½ 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!

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