

PRETTY IN PINK PANCAKES

2012 Junior Chef Team Fairfax, Bellows Free Academy, Fairfax, VT

½ c (2 medium) red beets –cooked, peeled & pureed smooth

1 c whole wheat flour

2/3 c all-purpose flour

¼ c + 2 tbsp toasted wheat germ

1 ½ t baking powder

½ c baking soda

1 t cinnamon

¾ t salt

2 eggs

2-3 tbsp maple syrup

2 t vanilla extract

2 tbsp melted butter or canola oil

2 ½ c buttermilk

1 c grated apples

2-3 tbsp canola oil for frying pan

In one bowl whisk together dry ingredients.

In 2nd bowl whisk together wet ingredients.

Make a well in the dry ingredients and stir in the wet, just until blended. Let sit 5 minutes while heating frying pan.

Cook 3-4 minutes until bubbles form on top.

Flip and finish another 2-3 minutes.

Serve with maple syrup, fruit syrups, butter & fruit.