

Butternut Squash Pancakes with Yogurt and Maple Syrup

Servings

5

Calories

380

Prep Time

15 minutes

Total Time

30 minutes

Skill Level

Easy

Ingredients

12 ounces Mann's Butternut Squash Cubes

1 cup flour, all-purpose

2 tablespoons granulated sugar

1 teaspoon baking powder

½ teaspoon cinnamon

¼ teaspoon baking soda

¼ teaspoon salt

1 ¼ cups buttermilk

1 egg, lightly beaten

3 tablespoons vegetable oil

½ cup toasted pecans, chopped

¼ cup vanilla or plain yogurt

¼ cup maple syrup



The Method

In steamer, steam squash over saucepan of simmering water for 15 to 20 minutes or until tender; let cool. Pulse in food processor until smooth.

In large bowl, whisk together flour, sugar, baking powder, cinnamon, baking soda, and salt. In separate bowl, whisk together buttermilk, egg, 1 tablespoon oil and reserved squash; stir into flour mixture just until combined. Fold in pecans.



Roasted Butternut Squash & Baby Beet Salad with Lemon Gorgonzola Vinaigrette

Brush large, non-stick skillet with some of the remaining oil; heat over medium heat. Pour scant $\frac{1}{4}$ cup batter into pan for each pancake; cook for about 2 minutes or until golden brown on the bottom and small bubbles appear on top.

Flip over and cook for about 1 minute or until golden brown and set on the bottom. Repeat with remaining batter and oil. Serve with dollop of yogurt and drizzle of maple syrup.

Nutrition Facts

Serving Size: 380g | Servings: 5

Amount Per Serving

Calories 380 | Total Fat 19g (sat fat 3.5g trans 0g) | Cholesterol 0mg | Sodium 380mg | Total Carbohydrate 48g | Dietary Fiber 3g |
Sugars 21g | Protein 8g | Vitamin A 150% | Vitamin C 25% | Calcium 15% | Iron 10% | Iron 10%