



# Butternut Squash "Rotini" Pancakes with Yogurt and Maple Syrup

## Servings

4-6

## Calories

380

## Prep Time

20 Minutes

## Total Time

35 minutes

## Skill Level

Medium

## Ingredients

1 (12 ounces) package Mann's Butternut Squash "Rotini"

1 cup all-purpose flour

2 tablespoon 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 chopped toasted pecans

¼ cup vanilla or plain yogurt

¼ cup maple syrup



## The Method

In steamer, steam Butternut Squash "Rotini" 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 Butternut Squash; stir into flour mixture just until combined. Fold in pecans.



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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: 216g | Servings: 4-6

### Amount Per Serving

Calories 380 | Calories from Fat 170 | Total Fat 19g (sat fat 3g trans 0g) | Cholesterol 40mg | Sodium 380mg | Total Carbohydrate 48g | Dietary Fiber 3g | Sugars 21g | Protein 8g | Vitamin A 150% | Vitamin C 25% | Calcium 15% | Iron 10%