

Butternut Squash "Rotini" Pancakes with Yogurt and Maple Syrup

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%