



BEETROOT PANCAKES



Time
15 min



Servings
4

Calcium Recommended Daily Intake
3.1%

Calories

331

Calcium

42mg

Protein

10g

Vitamin D

84 IU

Ingredients

- 2 whole beetroots
- 3 whole eggs
- 200g of self-raising flour
- 50ml of low fat milk
- 1 tsp baking powder
- 1/2 tsp vanilla extract
- 4 tsp maple syrup
- Extra virgin olive oil to grease the pan
- As desired, to serve maple syrup, berries and/or ice cream

Instructions

1. In a blender, place beetroot and blend to form a puree.
2. Place in a bowl along with remaining ingredients.
3. Whisk until smooth.
4. Place 1 tsp of olive oil in a nonstick pan over low heat.
5. Pour 3 tbsp of batter in pan to make each pancake.
6. Repeat with remaining batter.
7. Serve with maple syrup/ice cream.

Tip: You can replace the low fat milk with another kind of milk or vegetable beverage. Please note that the nutritional values will vary.



Find more calcium rich recipes:
<https://www.osteoporosis.foundation/patients/recipes>