

no sugar carrot cake pancakes + spiced cream cheese kid-made butter



I love carrot cake; it is a Family Favorite around my house – so why not have carrot cake pancakes!? This recipe is fun to show kids how to make something sweet and delicious without using white processed sugar – RASINS! You will need to simmer ½ C of raisins first thing to plump them before blending them in the batter. While you are cooking the pancakes have the kids make the butter... This recipe will make about 24 coin sized pancakes.

FUN for all! Happy + Healthy Cooking - Erin

prepare+boil

Grown-ups: Add ½ **C of raisins** to skillet and cover with water. Bring to a boil and continue to boil for about 5 minutes, until the raisins have plumped and almost doubled in size. Drain the raisins from the water and add the raisins to your blender. Let them sit and cool in the blender while you make the rest of the pancake batter with the kids. Also, take ¼ **C of cream cheese** out of the refrigerator to soften.

grate

Have kids grate **2 C of fresh carrots** and set to the side.

measure+mix

Have the kids mix and measure the dry ingredients: **1 C ground whole wheat flour** (or substitute Pamela's Gluten Free Flour Mix), **1-½ tsp cinnamon**, **½ tsp salt** and **1 tsp baking powder** in a bowl.

crack+whip

Add **1 C of plain yogurt** (or sub soy yogurt), **2 cracked eggs** (or sub 1/2 C of pureed silken tofu) and **2 T of applesauce** to your blender with the cooled (they might still be a bit warm) plumped up raisins. Whip until smooth...

** You cannot taste the flavor or texture of the raisins. They're used as a way to sweeten the pancakes, without using processed sugars.*

combine+stir

Have kids pour the wet ingredients into the dry ingredients. Add the grated carrots to the mixture. Stir with a spoon only until incorporated, don't over mix!

cook+flip

Grown-ups: Heat your skillet to low / medium heat on your stove. You can brush your skillet with **butter, oil or non-stick spray**. With a 1 T measuring spoon, drop a dollop of batter into the preheated skillet. Cook the pancakes on the first side for about 3 minutes, until the top starts to bubble a tiny bit and the edges start to cook. Flip the pancakes and cook for another 2 minutes. We want coin sized pancakes! This recipe will make about 24 coin sized pancakes...

** A secret to perfectly cooked pancakes is to cook them over a lower heat. If you want burnt (AKA 'seared') pancakes, then cook them on high. But that's usually what you're trying to avoid.*

continued



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shake, shake, shake!

While the pancakes are cooking, have kids pour in $\frac{1}{4}$ C heavy cream and a heavy pinch of cinnamon into a plastic container with a tight fitting lid and SHAKE, SHAKE, SHAKE – You need to shake the butter for at least 5+ minutes, it will seem like it will never become butter and feel like nothing is moving in the container after a while – DON'T give up! Have kids dance, jump and move to get that butter made! You are almost there! When you hear a 'sloshing' sound (the buttermilk separating from the butter fat... You have just made butter!) Don't worry - you cannot over shake it... Drain the buttermilk from the solid butter and mix the fresh butter in with the $\frac{1}{4}$ C softened cream cheese, add some honey to taste.

top+eat

Top the Carrot Cake Pancakes with the Spiced Cream Cheese Butter and extra honey or syrup! Try a sprinkle of dried coconut on top and extra raisins if you wish! **EAT 'UM UP YUM!**

fun food facts:

Carrot Cake History

Carrots have been used in sweet cakes since the medieval period, during which time sweeteners were scarce and expensive, while carrots, which contain more sugar than any other vegetable besides the sugar beet, were much easier to come by and were used to make sweet desserts. The origins of Carrot Cake are disputed but it is thought to come from Gothenburg, Sweden. Carrot cakes first became commonly available in restaurants and cafeterias in the United States in the early 1960s. They were at first a novelty item, but people liked them so much that carrot cake became standard dessert fare. In 2005, the American-based Food Network listed carrot cake, with its cream-cheese icing, as number five of the top five fad foods of the 1970s.

Pancake History

Pancakes are a universal food found in many variations from Africa to Asia to Europe and South America. A pancake is a thin, flat cake prepared from a batter and cooked on a hot griddle or frying pan. Most pancakes are quick breads; some use a yeast-raised or fermented batter. Most pancakes are cooked one side on a griddle and flipped partway through to cook the other side. Depending on the region, pancakes may be served at any time, with a variety of toppings or fillings including jam, chocolate chips, fruit, syrup or meat. Archaeological evidence suggests that varieties of pancakes are probably the earliest and most widespread types of cereal food eaten in prehistoric societies whereby dry carbohydrate-rich seed flours mixed with the available protein-rich liquids, usually milk and eggs, were baked on hot stones or in shallow earthenware pots over an open fire to form a nutritious and highly palatable foodstuff. The pancake's shape and structure varies worldwide. There are numerous variations of them throughout Europe. In Germany, Hungary and Israel, pancakes can be made from potatoes. A crêpe is a French variety of thin pancake cooked on one or both sides in a special crepe pan to achieve a network of fine bubbles often compared to lace - a savory variety made from buckwheat is usually known as a galette.

Carrots

The carrot is a member of the parsley family, including species such as celery, parsnip, fennel, dill and coriander.

- ★ Carrots were first grown as a medicine not a food.
- ★ Carrots are a root vegetable that originated in Afghanistan.

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- ★ They were purple, red, white, and yellow, but never orange. In the 16th century, Dutch carrot growers invented the orange carrot in honor of the House of Orange, the Dutch Royal Family (for Kings and Queens). They did this by cross breeding pale yellow carrots with red carrots.
- ★ The carrot soon caught on in England as both a food and a fashion accessory. Ladies would often use carrot tops to decorate their hats!
- ★ Carrots have the highest content of beta-carotene (vitamin A) of all vegetables.
- ★ The Longest Carrot recorded in 1996 was 5.14 meters (16 feet 10 ½ inches).
- ★ The Heaviest Carrot recorded in the World 18.985 pounds in 1998 (single root mass) John V. R. Evans, USA.
- ★ There is as much calcium in 9 carrots as there is in a glass (250ml) of whole milk.
- ★ Three Carrots give you enough energy to walk three miles.
- ★ China produces 274,900,000 tons of carrots per year.
- ★ A teaspoon holds almost 2000 carrot seeds.
- ★ Wild rabbits do not eat carrots – you have been watching too much Bugs Bunny!

Knock – Knock. Who's there? **Carrot! Carrot who?** You do carrot all about me? OPEN THE DOOR!

What did the rabbit say to the carrot? It's been nice gnawing you!

How do you know carrots are good for your eyes? Have you ever seen a rabbit wearing glasses?

What do you get if you cross an elephant with a rabbit? An elephant that never forgets to eat his carrots!



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