

# Carrot Cake Pancakes

## Ingredients

- 5.6 ounces all-purpose flour (about 1 1/4 cups)
- 1/4 cup chopped walnuts, toasted
- 2 teaspoons baking powder
- 1 heaping teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground nutmeg
- Dash of ground cloves
- Dash of ground ginger
- 1/4 cup brown sugar
- 3/4 cup low-fat buttermilk
- 1 tablespoon canola oil
- 1 1/2 teaspoons vanilla extract
- 2 large eggs, lightly beaten
- 2 cups finely grated carrot (about 1 pound)
- Cooking spray
- 3 tablespoons butter, softened
- 2 tablespoons honey

## Preparation

Weigh or lightly spoon flour into dry measuring cups, and level with a knife. Combine flour and next 7 ingredients (through ginger) in a large bowl, stirring with a whisk. Combine 1/4 cup brown sugar and next 4 ingredients (through eggs); add sugar mixture to flour mixture, stirring just until moist. Fold in 2 cups carrot.

Heat a large non-stick skillet over medium heat. Coat pan with cooking spray. Spoon 4 (1/4 cup) batter mounds onto pan, spreading with a spatula. Cook for 2 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 1 minute or until bottoms are lightly browned. Repeat procedure twice with remaining batter. Combine butter and honey in a small bowl; serve with pancakes.

**Yield:** 6 servings (serving size: 2 pancakes and about 2 teaspoons honey butter)