

# Butternut Squash Pancakes

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**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

**Serves:** 4

**Prep:** 10 minutes | **Cook:** 45 minutes

## INGREDIENTS

- 1 cup butternut squash, roasted and mashed
- 2 eggs
- 1 1/2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 2/3 cup flour
- Cooking spray

## DIRECTIONS

1. Roast squash in the oven at 400°F for 40 minutes. Let cool and mash with a fork.
2. Combine squash, eggs and vanilla in a small bowl and mix well.
3. Add baking powder, cinnamon and flour and stir until just combined.
4. Scoop onto a greased griddle or pan. Flip when bubbly.
5. Serve with maple syrup or fruits!



### Nutrition Information

*Serving Size: 2 pancakes*

<b>Total calories</b>	<b>78</b>
<b>Total fat</b>	<b>2.5 g</b>
Saturated fat	.8 g
<b>Cholesterol</b>	<b>93 mg</b>
<b>Sodium</b>	<b>68 mg</b>
<b>Carbohydrates</b>	<b>10 g</b>
Fiber	2.5 g
Sugar	1.6 g
<b>Protein</b>	<b>4.3 g</b>

Recipe source:

[theleangreenbean.com](http://theleangreenbean.com)