

Recipe for: ZUCCHINI PANCAKES

INGREDIENTS

- 1 zucchini, grated
- 1/2 cup of apple sauce, unsweetened
- 2 eggs
- 3/4 cup milk
- 1/4 cup coconut oil, melted
- 1/4 cup maple syrup
- 1 teaspoon vanilla
- 2 cups flour
- 1 teaspoon cinnamon
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt

DIRECTIONS

1. Wring all moisture out of the grated zucchini using a tea towel or cheese cloth.
2. In a medium sized mixing bowl, combine shredded zucchini, apple sauce, coconut oil, maple syrup and vanilla. Mix well.
3. In a separate larger mixing bowl, combine flour, cinnamon, baking powder, baking soda and salt.
4. Add wet ingredients to the dry ingredients and mix until well combined.
5. Heat a skillet over low/medium heat and spoon about 1/2 cup of pancake batter at a time into skillet making discs. Flip disc after about 3 minutes or until golden brown. Repeat with remaining batter (should make 10- 12 pancakes).