

Valentines Pancake

Yield: 8 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/valentines-mocktail-recipe>

Ingredients:

- 1 1/2 cups all-purpose flour
- 3 1/2 teaspoons baking powder
- 1 teaspoon salt
- 1 tablespoon white sugar
- 1 1/4 cups milk
- 1 egg
- 3 tablespoons butter melted
- 1 teaspoon vanilla extract
- 1 cookie heart shaped, cutter
- red food color or Beet Extract, Non Chemical Food coloring

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 40 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 5 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 600 milligrams
9. Sugar: 4 grams

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