

# Carrot Cake Pancakes

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-carrot-cake-recipe-buttermilk-glaze>

## Ingredients:

- 1 cup whole wheat pastry flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1 egg
- 2 tablespoons muscovado sugar packed, or brown sugar
- 1 cup buttermilk
- 1 teaspoon vanilla extract
- 2 cups carrots finely grated, about 6 big or 8 smallish carrots\*\*
- butter for griddle
- 4 ounces cream cheese softened
- 2 tablespoons maple syrup real
- 2 tablespoons milk more or less depending on desired consistency
- 1/2 teaspoon vanilla extract
- 1 dash ground cinnamon

## Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 46 grams
3. Cholesterol: 105 milligrams
4. Fat: 19 grams
5. Fiber: 3 grams
6. Protein: 10 grams
7. SaturatedFat: 10 grams
8. Sodium: 830 milligrams

9. Sugar: 17 grams

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