

Carrot Cake Oatmeal Pancakes with Ginger-Vanilla Sautéed Pears



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FOUNDATION**

ingredients

Pancakes:

- 1 c Quaker Old -Fashioned Oats
- ½ c whole wheat or all-purpose flour
- 1 tsp baking powder
- ¼ tsp sea salt
- ¼ tsp ground cinnamon
- Pinch ground nutmeg
- Pinch ground cloves
- 1 egg, beaten
- 1 c milk
- 2 tbsp Grade A maple syrup
- 1 tbsp vegetable or coconut oil, plus more for brushing pan
- ¼ tsp apple cider vinegar
- ½ c finely grated carrot

Ginger-Vanilla Sautéed Pears:

- 1 tbsp vegetable or coconut oil
- 1 tbsp minced ginger
- 1 Asian pear, diced
- ½ tsp vanilla extract

Toppings:

- Grade A Maple Syrup
- Butter
- ¼ c sliced almonds

instructions

1. In a food processor, grind oats until fine (some coarse pieces are OK). Transfer to a large bowl and sift in whole wheat flour, baking powder, sea salt, cinnamon, nutmeg and cloves. Whisk well and set aside.
2. In a medium bowl, combine egg, milk, maple syrup, oil and apple cider vinegar. Add wet ingredients to dry mix; whisk until just mixed. Fold in grated carrot; let batter rest for 10 minutes.
3. Meanwhile, sauté your pears: heat vegetable oil in a small sauté pan. Add ginger and cook until fragrant, about 1 minute. Add pears and sauté until tender, about 5 minutes. Stir in vanilla extract. Remove from heat and keep warm until ready to serve.
4. Heat griddle or nonstick pan over medium heat. Brush a small amount of oil over surface of pan.
5. Use a 1-ounce ladle to pour batter onto griddle. When edges become golden and bubbles begin to break on surface of batter, flip and cook until golden on remaining side.
6. Serve pancakes hot with butter, maple syrup, sliced almonds and Ginger-Vanilla Sautéed Pears.