



Split Pea Pancakes



Ingredients



From (www.usapulses.org/TIPS)

- 2 1/2 Cup pancake mix
- 1 Tbsp. butter
- 1 Cup water
- 1/2 tsp. salt
- 1 Cup split yellow peas
- 1/4 Cup honey or brown sugar
- 1/2 tsp. cinnamon
- 1/2 tsp. vanilla extract
- 1/2 tsp. salt



Total cost: \$4.28
Serving cost: \$1.07

Directions



Yield: 8 pancakes **Serving size:** 2 pancakes

1. Soak split peas (4 hour min.). Cook until tender. Drain.
2. Put pancake mix into a medium sized bowl. Slowly stir in water until well mixed. Set aside.
3. Put cooked split peas in a blender or food processor with butter, honey or brown sugar, cinnamon, vanilla and salt. Mix until pureed.
4. Add pureed mixture to pancake mix and stir until well blended.
5. Heat frying pan or skillet to medium heat. Add 2 Tbsp. oil. Once heated, add 1/2 cup pancake mix at a time, forming pancakes. Make sure they are cooked through and brown on each side. Remove from pan, add toppings and enjoy.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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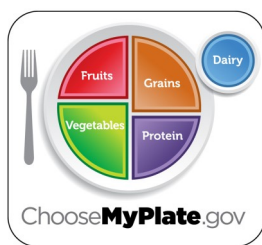
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Fast Facts



Featured Food Groups



Cooking Tips



- Use whole wheat flour or pancake mix
- Any color of split pea will work
- Add other spices like nutmeg
- Toppings: syrup, jam, peanut butter, or fruit

Nutrition Facts	
4 servings per container	
Serving size	2 Pancakes
Amount Per Serving	
Calories	380
% Daily Value*	
Total Fat 24g	31%
Saturated Fat 14.4g	72%
Trans Fat 0.9g	
Cholesterol 60mg	20%
Sodium 3620mg	157%
Total Carbohydrate 39g	14%
Dietary Fiber 7g	25%
Total Sugars 17g	
Includes 16g Added Sugars	32%
Protein 6g	12%
Vitamin D 0.1mcg	0%
Calcium 237mg	20%
Iron 1.7mg	10%
Potassium 259mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

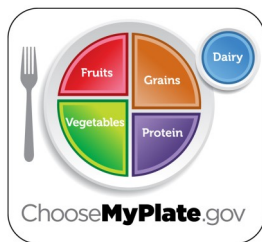
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