



Tiny Vegetable Pancakes

4 - 6 servings

INGREDIENTS

- 1 cup cabbage, finely shredded
- 1 cup carrots, finely shredded
- 1/4 cup onion, finely chopped
- 2 eggs
- 4 tsp milk or water
- 4 Tbsp flour
- 1/4 tsp salt
- Oil

DIRECTIONS

1. In a bowl, beat eggs, and then beat in milk or water, flour, salt and pepper. Stir in vegetables.
2. Add a thin layer of oil to a frying pan and turn burner to medium heat. When oil is hot and shimmering, drop in pancake batter by the tablespoon. Cook 2-3 minutes until golden and crispy on bottom, and then flip and cook 2-3 minutes more.
3. Serving suggestions: Pancakes taste great with a sprinkling of lemon or soy sauce. You can also use this basic pancake recipe with other vegetables you may have, including spinach and kale. Try adding a bit of canned fish or meat, such as tuna, salmon, chicken or turkey.



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