

Sweet & Savory PEPPER PANCAKES

by
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Noelle is a dietitian and mom of three boys. She has a passion for educating, inspiring, and supporting others to make the healthiest choices possible with the resources available. Noelle has a blog (motherhoodandmeals.com) where she shares recipes, nutrition tips, and snapshots of her journey through motherhood.

Noelle also has a private practice (nourishedbeginnings.ca) and teaches courses at a Brescia University College in Ontario, Canada.



Nutrition Facts	
servings per container	
Serving size	(266g)
Amount per serving	
Calories	460
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 70mg	3%
Total Carbohydrate 89g	32%
Dietary Fiber 11g	39%
Total Sugars 21g	
Includes 12g Added Sugars	24%
Protein 17g	
Vitamin D 1mcg	6%
Calcium 441mg	35%
Iron 4mg	20%
Potassium 454mg	10%

*The % Daily Value 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.



Prep time: 10 Minutes
Cook time: 5 Minutes
Serves: 4 People

INGREDIENTS:

- **1 cup** diced NatureFresh™ Farms Bell Peppers, desired color(s)
- **3 cup** whole wheat flour
- **1 cup** diced apple
- $\frac{3}{4}$ **cup** milk of your choice
- $\frac{1}{4}$ **cup** Canadian maple syrup
- **2** eggs
- **2 tsp.** baking powder

NUTRITION NOTE:

This veggie-packed twist on traditional pancakes is a perfect way to start the day, but also makes an amazing "breakfast for dinner" option. They provide protein and fiber which helps fill us up as well as iron, beta carotene, and vitamin C, which are powerful immune boosting nutrients!

DIRECTIONS:

- Wash all produce before cooking.
- Dice Red, Orange, and/or Yellow Bell Peppers up to a 1 cup quantity.
- Dice apple to a 1 cup quantity.
- Add Peppers and apples to your food processor or a high speed blender.
- Add maple syrup, eggs, milk, and 1 cup of flour.
- Blend on low to medium speed until batter is uniform.
- Pour batter into a bowl and add remaining flour and baking powder.
- Mix together and then spoon batter in 1/3 to 1/2 cup portions into your choice of fry pan. Cook on each side for 4-5 minutes (or until cooked through).



For recipe ideas visit: naturefresh.ca

Check out Noelle on instagram: [@motherhoodandmeals](https://www.instagram.com/motherhoodandmeals)