



Butternut Squash Pancakes with Maple Syrup



Ingredients:

- 1 cup mashed roasted butternut squash
- 2 eggs
- 1½ tsp baking powder
- 1 tsp cinnamon
- 1 tsp vanilla extract
- ⅔ cup flour

December 17
is National
Maple Syrup
Day.

Instructions:

1. Combine squash, eggs, and vanilla in a small and mix well.
2. Add baking powder, cinnamon, and flour. Stir until just combined.
3. Warm a greased griddle or pan to medium heat. Scoop ¼ cup of mixture onto griddle. Flip once bubbles form and cook additional 2 to 3 minutes.
4. Serve with warm maple syrup.

History & Fun Facts:

- Butternut Squash originated in Mexico and Guatemala.
 - It is named for its buttery texture and nutty flavor!
- Syrup is made by boiling the water out of tree sap. South America and the West Indies. It is not grown in the United States.

Sourced from: <https://www.discovered.nl/en-us/Products/Exotic-vegetables/Butternut-Squash>
<https://www.farmersweekly.co.za/crops/vegetables/the-strange-history-of-the-butternut/>
<https://time.com/3958051/history-of-maple-syrup/>

Recipe Adapted from: <https://www.theleangreenbean.com/butternut-squash-pancakes/>

