

Heart Beet Pancakes - A Sweet & Vibrant Start to Your Day

Heart Beet Pancakes: A Naturally Colorful Breakfast Delight



OVEN
350°F

TIME
10 min

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INGREDIENTS

1 Cup Mashed Beets (from 2 large roasted beets, peeled)

2 Cups Milk

2 Large Eggs, slightly beaten

4 Tbsp Butter, melted

1 Tbsp Vanilla Extract

2 Cups All-Purpose Flour

1½ Tbsp Baking Powder

2 Tbsp Cocoa Powder

2 Tbsp Brown Sugar

½ Tsp Kosher Salt

Butter, for cooking

How to Make Heart Beet Pancakes:

1. Roast the Beets:

2. Make the Batter:

3. Cook the Pancakes:

4. Serve with Love:

Tips for Success:

Blend beets well to avoid chunks and ensure a smooth batter.

Rest your batter for 5 minutes to help it thicken.

Use silicone molds for perfect heart shapes and easy release.

Low heat = better color and no burning!

Serving Suggestions:

Drizzle with maple syrup and a sprinkle of powdered

sugar

Add whipped cream and berries for a romantic touch

Pair with caramel apple nachos or edible cookie dough for a festive brunch

Enjoy with a glass of oat milk or citrus smoothie

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This No-Bake Oreo Cream Pie Is My Favorite Quick Dessert Hack

Final Thoughts:

DIRECTIONS

1. **Roast the Beets:** Preheat your oven to 350°F. Trim and wrap beets in foil. Roast for about 1 hour until tender. Peel once cooled and blend with milk until smooth.
2. **Make the Batter:** Add eggs, melted butter, and vanilla to the beet-milk mixture and blend briefly until combined.
3. In a separate bowl, mix flour, baking powder, cocoa powder, brown sugar, and salt. Add the wet mixture to the dry and stir until just combined-don't overmix!
4. **Cook the Pancakes:** Heat a griddle over low heat and grease with butter. Use a heart-shaped mold if desired. Pour batter and cook for 5-10 minutes, or until the edges start to set. Flip and cook for 2-3 more minutes.
5. **Serve with Love:** Plate warm with butter and real maple syrup-or top with Greek yogurt and berries for a healthy twist.
6. **Tips for Success:** Blend beets well to avoid chunks and ensure a smooth batter.
7. Rest your batter for 5 minutes to help it thicken.
8. Use silicone molds for perfect heart shapes and easy release.
9. Low heat = better color and no burning!
10. **Serving Suggestions:** Drizzle with maple syrup and a sprinkle of powdered sugar
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19. Final Thoughts: These Heart Beet Pancakes are the perfect balance of whimsy and wholesomeness. They're naturally colorful, subtly sweet, and a fun way to sneak in veggies without compromising on flavor. Whether you're making them for a special someone or treating yourself, they're sure to start the day with a smile.
20. Made them? Snap a photo and tag @chefmaniac-I'd love to see your pink stack! Don't forget to subscribe for more recipes that mix comfort with creativity.
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More recipes: [ChefManiac.com](https://chefmaniac.com)

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