



Hearty Pink Protein Pancakes

Topped with fresh whipped cream & strawberry hearts

Instructor Terra: Tuesday 4-6 Class #6



SKILLS LEARNED

Roasting (beets)

Blending (beets, pancake batter)

Grilling (pancakes)

Knife skills (hearts galore – strawberries, carrots, cucumbers, melon!)

EQUIPMENT

Blender*

Aluminum foil*

Medium bowl

Spatula

Mixing bowl

Measuring cups

Measuring spoons

Whisk

Squeeze bottles*

Griddle*

Spatula turner

Isi Whipper*

Isi charger*

Mason jar*

Casserole dish

*Instructor provided equipment

INGREDIENTS

Beet puree

1 beet | *roasted*
(8 for each student
to practice peeling)

Protein Pancakes

3 cups oats
½ tsp salt
1 tsp baking
powder
1 tsp chia-gel
1 tsp cinnamon
2 eggs | *beaten*
2 cup milk
1 tsp vanilla extract
4 tbsp coconut oil

Heart strawberries

8 strawberries
| *heart sliced*

Whipped cream

1 pint heavy cream

Hearts cutting station

2 cucumbers (1/4 cucumber per student)

4 carrots (1/2 carrot per student)

INSTRUCTIONS

Beet puree - mixing (per class)

1. Give each student 1 pre-roasted beet to peel and put back into foil
2. Place 1 beet in blender, blend until smooth (TASTE)

Protein Pancakes

1. Turn heat on griddle to medium
2. Measure pancake ingredients and place in blender with beet puree, blend until smooth
3. Pour batter into two squeeze bottles
4. Allow 1 tsp coconut oil to evenly distribute on griddle
5. Use squeeze bottle to draw heart outline and then slowly fill it in
6. Once bubbles begin to develop use spatula turner to flip pancake
7. Remove from heat and place in casserole dish with lid to keep warm

Heart strawberries (per student)

1. Rinse strawberries in water bowl, pat dry
2. Use knife to carefully cut V-angle under green top
3. Slice from top to bottom to create strawberry hearts

Whipped cream (per group)

1. Pour chilled heavy cream into Isi canister, put on lid
2. Use Isi charger to add pressure
3. Carefully shake 3-4 times

Hearts cutting station (per student)

1. Carrots – peel, carve V-notch, use peeler to create straight sides, slice
2. Cucumber – carve V-notch, use peeler to create straight sides, slice
3. Put in snack baggies for home