



PACIFIC COAST  
FARMERS' MARKET  
ASSOCIATION

PCFMA.ORG

## HEART BEET PANCAKES



Make these for your sweetie today! The beets keep your pancakes moist and color them red.



00 HR 39 MINS



Serves 4



Featuring

[Halog Farms](#)

[J&M Farms](#)

INGREDIENTS

- 1 cup all-purpose flour (or one-half cup all-purpose flour plus one-half cup whole wheat flour)
- 1 tablespoon sugar (or local honey if preferred)
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 3/4 cup buttermilk (or kefir/yogurt thinned with milk)
- 1 large egg
- 2 tablespoons melted butter or olive oil
- 1/2 cup roasted beet purée (one medium beet, roasted, peeled, and blended smooth)
- 1 teaspoon vanilla extract
- 1 to 2 blood oranges or mandarins, segmented (or regular oranges if in season)
- 1/2 cup plain or Greek yogurt (creamy base for citrus)
- Drizzle of citrus blossom honey or local wildflower honey
- Optional: Fresh mint leaves for garnish

## METHOD

Roast 1 medium beet (wrap in foil and bake at 400°F for approximately 45 minutes until tender). Peel, then blend or mash until smooth. Let cool.

In a bowl, whisk flour, sugar, baking powder, baking soda, and salt.

In another bowl, whisk buttermilk, egg, melted butter, vanilla, and beet purée until smooth and vibrantly pink.

Gently stir wet into dry until just combined (a few lumps are fine — do not overmix).

Heat a lightly buttered or oiled skillet over medium heat. Pour 1/4 cup batter per pancake. Cook 2 to 3 minutes per side, until golden edges form and centers are set.

Stack pancakes, spoon yogurt on top, scatter citrus segments, and drizzle with honey. Garnish with fresh mint leaves if you like.