

# Farm



# Fresh

November 2010

## Available Now...

### *Carrots*

Choose carrots that are well-shaped with firm, smooth exteriors and vibrant orange to orange-red color. Tops should be closely trimmed to avoid rapid decay.

Carrots are fat free, low in sodium, an excellent source of Vitamin A and a good source of Vitamin C.

Look for Colorado carrots at your local grocery store or at restaurants across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

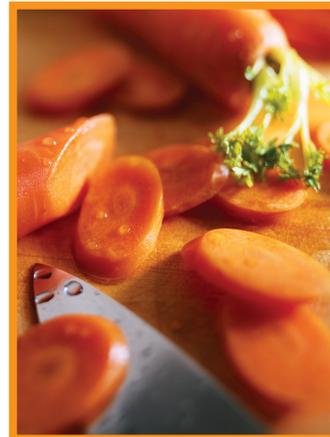
Visit  
[www.coloradoagriculture.com](http://www.coloradoagriculture.com) for  
a complete list of recipes.

## Carrot Cake Pancakes

Chef Jason K. Morse, C.E.C.

- 1-1/2 cups Flour
- 4 tsp. Baking Powder
- 1 tsp. Salt
- 1/2 cup Brown Sugar
- 1-1/4 cups 2% Milk
- 1 Egg
- 4 tbsp. Butter, melted
- 1/4 cup Carrot, shredded
- 1/4 cup Raisins
- 1 tsp. Vanilla Paste
- 1/4 cup Pecans, toasted

In a large stainless steel bowl, mix together the flour, baking powder, salt and sugar. Make a hole or well in the center and add the milk, egg, butter, carrot, raisins, vanilla and pecans and mix until combined. Heat a large griddle and add a small amount of butter. Place enough batter to make the size of pancakes you desire. Serve with whipped cream cheese and maple syrup.



## *Next Month...* Buffalo