



APPLE BUTTERNUT SQUASH PANCAKES

These delicious pancakes can be used as a meal any time of the day. They are rich in beta-carotene and are designed to be easy to tolerate for pancreatic cancer symptoms such as nausea and overall stomach upset. For additional protein, nuts can be added. For those who are experiencing fat intolerance, reduced fat versions of the dairy components can be substituted, along with lower lactose alternatives for those with lactose intolerance. For those on more severe fiber restrictions, the apple and squash components can also be peeled and boiled to help break down some of the fibers for optimal digestive tolerance. These can also be easily frozen (with layers of parchment paper in between) and reheated in the toaster oven or microwave. **Yield: 12 small pancakes (6 large)**

INGREDIENTS:

- 3 cups grated raw butternut squash or acorn squash (may also use zucchini)
- 1 large green apple (or 2 small) grated, raw
- ½ cup sour cream (use reduced-fat or vegan sour cream if necessary)
- 1 egg
- ¼ cup milk of choice (use lactose-free, non-dairy, or reduced-fat as needed)
- 1 cup all-purpose flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cinnamon

DIRECTIONS:

1. Grate squash on cheese grater or food processor. Steam in a shallow bowl in microwave with a small amount of water for 3 minutes to soften.
2. Core and grate apple on cheese grater or food processor, and add to squash mixture.
3. Add squash and apple to a mixing bowl and stir in sour cream, egg, and milk with a fork.
4. In a separate bowl, sift flour, baking powder, baking soda, and cinnamon. Add to mixing bowl and stir with the fork.
5. Heat frying pan to low-medium and spray with cooking spray.
6. Using a ladle or a spoon, drop batter onto pan into small pancakes. Flip when bubbles start to form around the edges of pancake.

NUTRITIONAL DATA:

166 calories, 3.9 grams fat, 2.1 grams saturated fat, 34 mg cholesterol, 29.8 grams carbohydrate, 2.9 grams dietary fiber, 4.4 grams protein

*The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.*