Looking for a new and creative way to serve squash? Try this recipe and dish up some vegetables with breakfast!

**Golden Squash Hotcakes**

**Ages:** 3–5 years  
**Makes:** 6 servings  
**Prep time:** 20 minutes  
**Cook time:** 6 minutes

### INGREDIENTS

- **2 cups** summer squash, fresh, unpeeled, shredded (gently wash summer squash under running water before shredding)
- **1/2 cup** flour, whole-wheat
- **1/2 tsp** baking soda
- **1/2 tsp** baking powder
- **1/2 tsp** apple pie spice
- **1 egg**, fresh, large, whole
- **1 1/2 tsp** canola oil
- **2 tsp** brown sugar
- **1 Tbsp** milk, fat-free (skim)
- **1/2 tsp** vanilla extract
- **Nonstick cooking spray**

### DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Preheat oven to 400 °F.
3. Place shredded squash on a baking sheet lined with parchment paper. Spread shredded squash in a single layer. Roast for 8–10 minutes or until ends begin to brown.
4. In a medium bowl, combine flour, baking soda, baking powder, and apple pie spice. Stir.
5. In a small bowl, combine egg, oil, sugar, milk, and vanilla extract. Whisk until smooth. Wash hands after touching uncooked eggs. Whisk wet ingredients into flour mixture.
6. Using a large spatula, fold in roasted shredded squash and stir until combined. Do not over-mix.
8. Pour a ¼ cup (slightly under) batter onto the cooking surface.
9. Cook until golden brown and bubbling, 5–6 minutes. Flip hotcake with a spatula and cook until golden brown, 5–6 minutes. Heat to 165 °F or higher for at least 15 seconds.
10. Serve 1 hotcake. Serve immediately, or keep warm at 140 °F or higher.
1 Golden Squash Hotcake

**Nutrients**

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<th>Nutrients</th>
<th>Amount</th>
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N/A = Data not available

**CHEF TIPS**

- Contains milk, eggs, and wheat (flour).
- Hotcakes freeze well. Place parchment paper between cakes and place in a freezer bag. Label and date. Thaw and reheat in the oven at 350 °F for 7–10 minutes. For information on how to safely thaw foods, visit foodsafety.gov.
- The symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.

**Source:** Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)