

Perfect Pumpkin Pancakes


Pumpkin - it's not just for pies anymore!



Level: Easy

1 Dozen 3 1/2" Pancakes

Kids' Tool Kit

- Mixing bowls
- Measuring spoons 
- Measuring cups
- Can opener
- Spoon
- Griddle or skillet
- Spatula

Ingredients:

- 2 cups flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 egg
- 1/2 cup canned pumpkin
- 1 3/4 cups low fat milk
- 2 tablespoons vegetable oil



Directions:

Remember to wash your hands!

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk).
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Using a 1/4-cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 1/2 to 2 1/2 minutes. Repeat with remaining batter.

Chef's Choice

- Pumpkin Pancakes
- Sausage patty
- Pear slices
- Milk

Nutrition Facts

Serving Size 2 pancakes (155g)
Servings Per Container 1 dozen 3 1/2" pancakes

Amount Per Serving		Calories from Fat 60
		% Daily Value*
Total Fat 6g		10%
Saturated Fat 1g		4%
Cholesterol 35mg		12%
Sodium 690mg		29%
Total Carbohydrate 43g		14%
Dietary Fiber 2g		7%
Sugars 10g		
Protein 8g		
Vitamin A 90%	•	Vitamin C 2%
Calcium 25%	•	Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Helpful Hints: If you don't have pumpkin pie spice on hand, don't worry - it's just a combination of cinnamon, nutmeg, ginger and cloves. In this recipe, you can substitute 3/4 teaspoon cinnamon, 1/4 teaspoon nutmeg and 1/8 teaspoon each of ginger and cloves for the pumpkin pie spice.



Safety Tip: You can be sure your skillet or griddle is hot enough for pancakes without burning your hand. Just sprinkle a few (3 or 4) drops of water on the surface. If they dance and sizzle, you are ready to cook! Be sure handles of skillets and pans are always turned toward the center or back of the stove, to prevent the pan from catching on hands or clothes and causing burns.

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.