

Perfect Pumpkin Pancakes

Pumpkin - it's not just for pies anymore!

1 dozen 3 1/2" pancakes — one serving = 2 pancakes

Ingredients:

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

Directions:

1. Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.
2. In a medium bowl, combine milk, pumpkin, egg and 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.

Nutrition Facts: Two pancakes provide 260 calories, 6g total fat, 35mg cholesterol, 690mg sodium, 43g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice
Pumpkin Pancakes
Sausage Patty
Pear Slices
Milk

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