



Pumpkin Pancakes

Serving Size: 2 pancakes

Yield: 8 Servings



Ingredients:

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

Directions:

1. Combine eggs, pumpkin, milk and oil in large mixing bowl.
2. Add flour, brown sugar, baking powder, pumpkin pie spice, and salt to egg mixture. Stir gently.
3. Lightly coat a griddle or skillet with cooking spray and heat on medium.
4. Using a 1/4 cup measure, pour batter on hot griddle.
5. Cook until bubbles begin to burst, then cook until golden brown.

Tips: No pumpkin pie spice? Use 1/2 teaspoon cinnamon and 1/2 teaspoon dry ginger. Add a pinch of cloves or nutmeg.

Put a face on the jack-o-lantern, using raisins for eyes and teeth (drop in batter while it cooks).

Nutrition Facts: Calories, 180; Calories from fat, 40; Total fat, 5g; Saturated fat, 1g; Trans fat 0g; Cholesterol, 30mg; Sodium, 480mg; Total Carbohydrate, 30g; Fiber, 1g; Protein, 6g; Vitamin A, 45%; Vitamin C, 0%; Calcium, 15%; Iron, 8%.

Source: Oregon State University Extension Service, www.foodhero.org



Cornell University
Cooperative Extension
Fulton and Montgomery Counties

Cornell Cooperative Extension in Fulton & Montgomery Counties
provides equal program and employment opportunities.