

Pumpkin Pancakes

Ingredients:

Makes: 7 (2 4-inch pancakes per serving)

- 1 1/2 cups whole-wheat flour
- 2 tsp. baking powder
- 1/2 tsp. pumpkin pie spice
- 1/4 tsp. baking soda
- 1 large egg
- 1 1/2 cups skim milk
- 1 Tbsp. lemon juice
- 1 cup pumpkin puree
- 2 Tbsp. canola oil
- 1 tsp. vanilla extract
- 3 Tbsp. honey
- 1/4 cup pecans, chopped

Recipe adapted and photo credited from:
<http://www.eatingwell.com/>



Method:

1. Whisk flour, baking powder, pumpkin pie spice, and baking soda in a large bowl. In a separate bowl, whisk egg, milk, lemon juice, pumpkin, pecans, oil and vanilla until evenly mixed.
2. Make a well in the center of the dry ingredients, add the wet ingredients and whisk until just combined. Try to not over mix, this will make the pancakes have a tough texture. Let the batter sit, without stirring, for 10 to 15 minutes.
3. Coat a nonstick skillet or griddle with cooking spray; heat over medium heat. Without stirring, measure about 1/4 cup batter per pancake and pour onto griddle. Cook pancake for 2 to 4 minutes, or until edges are dry and then flip the pancake over and cook for another 2-4 minutes. Repeat with the remaining batter.
4. Drizzle 1 tsp. honey on top of pancakes. Top with 1 Tbsp. pecans.

Tips on Pumpkin



How To Store:

Cover cut pumpkin in foil or plastic wrap. Store in refrigerator, up to 2-4 days. Pureed pumpkin can be frozen, up to 3 months.



How To Use:

- Add puree to pancakes or bread mixes
- Dice into casseroles or rice dishes



Health Benefits:

- Promotes healthy vision, immune system and heart
- May lower the risk of some cancers

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Nutrition Facts

7 servings per container

Serving size 2 4-inch pancakes

Amount Per Serving

Calories **210**

% Daily Value*

Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 2g	
Monounsaturated Fat 4g	
Cholesterol 30mg	9%
Sodium 95mg	4%
Total Carbohydrate 31g	11%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 5g Added Sugars	10%
Protein 7g	14%
Vitamin D 1mcg	4%
Calcium 167mg	15%
Iron 2mg	10%
Potassium 281mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.