

A stack of three golden-brown pumpkin pancakes is presented on a light-colored plate with a brown rim. The top pancake is garnished with a generous amount of sliced almonds and a whole cinnamon stick. The pancakes appear moist and are drizzled with a light-colored syrup. The background is softly blurred, showing hints of other ingredients like a whole pumpkin and a glass of milk.

Pumpkin Pancakes

INGREDIENTS

1 egg
1/2 cup **canned pumpkin**
1 3/4 cups **nonfat or 1% milk**
2 tbsp. **vegetable oil**
2 cups **flour** (can substitute with 1 cup of all-purpose flour and 1 cup of whole wheat flour)

DIRECTIONS

- 1 Combine egg, pumpkin, milk, and oil in a large mixing bowl.
- 2 Add flour, brown sugar, baking powder, pumpkin pie spice, and salt to egg mixture. Stir gently until just combined.
- 3 Lightly spray a large skillet or griddle with nonstick cooking spray or lightly wipe with oil. Heat skillet or griddle to medium-high heat (300°F in an electric skillet). Using a 1/4 cup measuring scoop, pour batter onto hot griddle.

2 tbsp. **brown sugar**
1 tbsp. **baking powder**
1 tsp. **pumpkin pie spice**
1 tsp. **salt**
Sprinkling of **raisins**

- 4 Drop raisins in batter while it cooks.
- 5 Pancakes are ready to turn when tops are bubbly all over and the edges begin to appear dry. Use a quick flip with a broad spatula to turn pancakes. Turn only once. Continue to bake until bottoms are brown and dry.
- 6 Refrigerate leftovers within 2 hours.

Nutrition Facts: 180 Total Calories, 4.5 g Total Fat, 1 g Saturated Fat, 25 mg Cholesterol, 480 mg Sodium, 30 g Total Carbohydrate, 1 g Dietary Fiber, 8 g Sugars, 6 g Protein. Daily Value of Vitamins: 40% Vitamin A, 0% Vitamin C, 15% Calcium, 8% Iron.

Recipe adapted from foodhero.org.



For tips and tricks to help your family live healthier, visit EatSmartWNY.org.

Funded by USDA. This institution is an equal opportunity provider.

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

Cornell Cooperative Extension

