

INGREDIENTS

1 egg

1/2 cup canned pumpkin

13/4 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)

2 tbsp. **brown sugar**

1 tbsp. **baking powder**

1 tsp. **pumpkin pie spice**

1 tsp. salt

Sprinkling of raisins



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.

- 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.

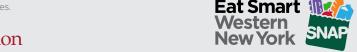
Nutrition Facts: 180 Total Calories, 4.5 g Total Fat, 1 g Saturated Fat, 25 mg Cholesterol, 480 mg Sodium, 30 g Total Carbohydrate, 1 g Dietary Fiber, 8 g Sugars, 6 g Protein. Daily Value of Vitamins: 40% Vitamin A, 0% Vitamin C. 15% Calcium. 8% Iron.

Recipe adapted from foodhero.org.

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

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