

Perfect Pumpkin Pancakes

Fluffy, pumpkin pancakes will delight your taste buds at breakfast or dinner. Top with sliced banana or applesauce.

Makes: 12 pancakes

Ingredients

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 ¼ teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 large egg
- ½ cup canned pumpkin
- 1 ¾ cups milk
- 2 tablespoons 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 egg, canned pumpkin, milk, and oil; mix well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk.)
4. Lightly grease a griddle or skillet and heat on medium.
5. Using a ¼ cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, about 1-2 minutes longer. Repeat with remaining batter.

Notes

- If you don't have pumpkin spice on hand, substitute $\frac{3}{4}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon nutmeg, and $\frac{1}{4}$ teaspoon each of ginger and cloves.
- Canned pumpkin can also be replaced with mashed sweet potatoes.

Recipe from: *Kids a Cookin'*, Kansas Family Nutrition Program, adapted by the USDA Food and Nutrition Administration.

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