

# Pumpkin Pancakes

## Ingredients:

1 cup all-purpose or wholegrain baking mix  
¾ cup low fat milk  
¼ cup quick oatmeal or whole wheat flour or cornmeal or flax meal  
¼ cup cooked or canned pumpkin  
1 egg, lightly beaten  
1 tablespoon packed dark brown sugar  
1 tablespoon melted butter  
¼ teaspoon ground cinnamon  
⅛ teaspoon ground nutmeg  
⅛ teaspoon ground ginger  
Vegetable oil

**Preparation Time:** 10 minutes

**Baking Time:** 2-3 minutes per side

**Makes:** 15 pancakes

**Serving:** 1 pancake

## Directions:

1. Preheat griddle or skillet until hot (400 °F).
2. Combine dry ingredients in medium mixing bowl.
3. Combine milk, pumpkin, egg and butter in separate bowl. Add to dry ingredients and mix just until blended. Do not over mix.
4. Brush griddle or skillet with vegetable oil. Griddle or skillet is ready for pancakes when a drop of water sprinkled on the hot surface sizzles.
5. Ladle or pour ¼ cup batter for each pancake onto the griddle or skillet. Space batter 2 inches apart for easier flipping.
6. Bake until tops are bubbly and edges are dry. Turn pancakes only once; bake until golden brown. Serve with fruit sauce, applesauce, honey, pumpkin butter or syrup.

## Family Activity:

Make a Pumpkin Butter to spread on the pancakes. In a large saucepan, combine one (29 ounce) can pumpkin, ¾ cup apple juice, 1½ cups sugar, 2 teaspoons ground cinnamon, ¾ teaspoon EACH ground ginger and ground nutmeg and ½ teaspoon ground cloves. Slowly bring to boil and simmer while stirring, about 30 minutes until thick. Serve warm or refrigerate when cooled.

### Nutrition Facts (1 serving/31g)

Calories: 58, Protein: 2g, Carbohydrates: 9g, Dietary Fiber: 1g, Fat: 2g, Mono Fat: 1g, Cholesterol: 15mg, Calcium: 19mg, Potassium: 18mg, Sodium: 11mg

## Fun Fact:

The first recipe for a pancake appeared in an English cookbook back in the fifteenth century.

## Vocabulary:

### Self-rising flour:

a blend of all-purpose flour, baking powder and salt.