

## PERFECT PUMPKIN PANCAKES

MAKES: 12 servings

COST: \$6.17 for 12 pancakes, \$0.51 per pancake

PREP TIME: 10 minutes

### INGREDIENTS:

- 1 cup whole wheat flour
- 1 cup all-purpose white flour
- 2 Tablespoons brown sugar
- 1 Tablespoon baking powder
- 1 1/4 teaspoons pumpkin pie spice
- 1 teaspoon salt
- 1 egg
- 1/2 cup canned pumpkin (not pumpkin pie filing)
- 1 3/4 cups milk, low-fat
- 2 Tablespoons canola oil

### MATERIALS:

- Large Mixing Bowl and Medium Mixing Bowl
- Measuring Cups and Spoons
- Griddle or Skillet
- Cooking Spray

### DIRECTIONS:

1. Combine whole-wheat flour, white 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. Stir to mix well.
3. Add wet ingredients to flour mixture. Stir just until moist. Batter may be lumpy. (For thinner pancakes, add more milk).
4. Lightly coat a griddle or skillet with cooking spray and heat on medium. Flip when bubbles appear or pancake is golden on the bottom. Repeat until all batter is used.

### NOTES:

- Top with applesauce, fresh fruit or yogurt.
  - For homemade applesauce: Wash, remove core, and chop 3-4 apples into 1/2 inch pieces and add to medium saucepan. Cook on low to medium heat for 10-15 minutes, stirring often, until apples have softened and break apart. Add a sprinkle of cinnamon and enjoy!
  - To replace pumpkin pie spice: use 1/2 teaspoon cinnamon, 1/8 teaspoon cloves, 1/4 teaspoon ginger, 1/8 teaspoon nutmeg.
- Recipe adapted from USDA's What's Cooking ([whatscooking.fns.usda.gov](http://whatscooking.fns.usda.gov))

<b>Nutrition Facts</b>	
Serving Size: 1 pancake (77g)	
Servings Per Container: 12	
<b>Amount Per Serving</b>	
<b>Calories</b> 130	Calories from Fat 30
% Daily Value*	
<b>Total Fat</b> 3.5g	<b>5%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 220mg	<b>9%</b>
<b>Total Carbohydrate</b> 21g	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 5g	
<b>Protein</b> 4g	
Vitamin A 35%	Vitamin C 0%
Calcium 15%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g