

Making it delicious

Pumpkin Pancakes



Ingredients

- 1 cup whole wheat flour
- 1 Tbsp. baking powder
- ½ tsp. cinnamon
- ¼ tsp. nutmeg
- ¼ tsp. salt
- 1 cup milk
- ⅓ cup pumpkin puree
- 1 egg
- ½ tsp. vanilla extract
- 2 Tbsp. maple syrup or brown sugar
- 2 Tbsp. oil or melted butter
- Extra oil or butter for greasing pan, if needed.



Instructions

Recipe adapted from: cookieandkate.com "Pumpkin Pancakes"

- Preheat an electric skillet to 350, or heat a pan on the stove over medium-low heat. Have butter or oil ready to grease the pan if it is not already non-stick.
- In a bowl, combine the dry ingredients (flour, baking powder, cinnamon, nutmeg and salt).
- In a separate bowl, combine the wet ingredients (milk, pumpkin purée, egg, maple syrup, vanilla and melted butter).
- Whisk until thoroughly blended.
- Pour the wet ingredients into the dry, and stir until no big lumps remain.
- When the surface of the pan is hot enough that a drop of water sizzles on contact, start scooping the batter.
- Use a ⅓-cup measure to scoop the batter onto the skillet. Cook for 2 to 3 minutes, until small bubbles form on the surface of the pancakes, and the edges are no longer glossy.
- Flip each pancake and cook on the opposite sides for 1 to 2 minutes, or until golden brown.
- Continue with remaining batter.
- Enjoy with your favorite toppings!

SERVINGS: 4 | PREP TIME: 20 MIN