

Pumpkin Pancakes

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

Prep/Cook Time: approximately 35 minutes
Makes: 8 Servings (16 Pancakes - 4" each)

Source: foodhero.org

Ingredients

- 1 egg
- ½ cup canned pumpkin
- 1 ¾ cups nonfat or 1% milk
- 2 tablespoons vegetable oil
- 2 cups flour (1 cup whole grain, 1 cup all-purpose)
**if you don't have both flours, use whatever is available*
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 teaspoon pumpkin pie spice
- 1 teaspoon salt
- 5 tablespoons raisins (optional, to make faces)

Directions

1. Combine eggs, pumpkin, milk and oil in large mixing bowl.
2. Add flour, brown sugar, baking powder, pumpkin pie spice and salt to egg mixture. Stir gently.
3. Lightly spray a large saute pan, skillet or griddle with non-stick cooking spray or lightly wipe with oil. Heat, saute pan, skillet or griddle over medium-high heat (300 degrees in an electric skillet). Using a 1/4 cup measure, pour batter on hot griddle.
4. Put a face on the pancake, using raisins for eyes and teeth. 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.



Small Changes, BIG Difference!

Click image to watch the recipe video
or visit snapedny.org



Nutrition Information

Serving Size: 2 Pancakes	
Nutrients	Amount
Calories:	200
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	25 mg
Sodium:	510 mg
Total Carbohydrates:	31 g
Dietary Fiber:	1 g
Total Sugars:	7 g
Added Sugars:	3 g
Protein	6 g

Utensils Needed

- Saute pan, skillet, or griddle
- Large mixing bowl
- Medium mixing bowl
- Spoon
- Spatula
- Measuring cup
- Measuring spoon
- Can opener



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SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

SHOPPING LIST

Average total cost without oil and seasonings: \$5.61

Average cost per serving without oil and seasonings: \$0.71

Recipe Makes: 8 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to cart
Baking Powder



Add 1 to cart
Canned Pumpkin, 15oz



Add 1 to Cart
Eggs, 1 dozen



Add 1 to cart
1% Milk, 0.5 gallon

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- If you don't have pumpkin spice on hand, don't worry - it's just a combination of cinnamon, nutmeg, ginger, and cloves. In this recipe, you can substitute 3/4 teaspoon cinnamon, 1/4 teaspoon nutmeg and 1/8 teaspoon each of ginger and cloves for the pumpkin pie spice.
- Try using 1 cup whole wheat flour and 1 cup all-purpose flour for more whole grains!
- To see if saute pan or skillet is hot enough, sprinkle with a few drops of water. If drops skitter around, heat is just right.
- Top with applesauce, fresh fruit or yogurt.
- Note: A saute pan is the same as a frying pan



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