

Perfect Pumpkin Pancakes

This recipe is from NC Cooperative Extension's Expanded Food and Nutrition Education Program (EFNEP)



Ingredients

- 2 cups flour (use ½ whole-wheat)
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 ¼ teaspoon pumpkin pie spice
- 1 teaspoon salt
- 1 egg
- ½ cup canned pumpkin
- 1 ¾ cup skim milk
- 2 tablespoons vegetable oil
- Vegetable cooking spray

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 vegetable oil, mixing well.
3. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. For thinner batter, add more milk.
4. Lightly coat skillet or a griddle with vegetable cooking spray and heat on medium.
5. Using a $\frac{1}{4}$ -cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, $1\frac{1}{2}$ to $2\frac{1}{2}$ minutes. Repeat with remaining batter.
6. Refrigerate leftovers immediately.