



PUMPKIN PANCAKES

Ingredients

- ¾ Cup Whole Wheat Flour
- ½ Cup All-Purpose Flour
- 1–2 Tablespoons Brown Sugar
- 2 Teaspoons Baking Powder
- ¼ Teaspoon Salt
- 1 Teaspoon Pumpkin Pie Spice
- 1 Cup Milk
- ½ Cup Pumpkin Puree
- 1 Large Egg
- 2 Tablespoons Melted Butter

Directions

1. In a bowl, combine the flour, brown sugar, baking powder, salt and pumpkin pie spice and stir to combine.
2. In a large bowl, combine milk, pumpkin puree, egg, and butter. Mix until there are few to no lumps left.
3. Add the wet ingredients to the dry ingredients and whisk together just until combined.
4. Over medium heat, grease skillet lightly and pour about 2 tablespoons of batter onto a heated skillet or large pan. When pancake starts to bubble slightly, carefully flip over.

Recipe makes 8 pancakes.

Crediting

Provides a Whole Grain-Rich Grain at Breakfast.
Toddler/Preschool: ½ Pancake | School Age: 1 Pancake