



PUMPKIN PANCAKES*

February 28

National Pancake Day

INGREDIENTS

- 1 Cup Flour
- 1 Cup Whole Wheat Flour
- 2 Teaspoons Baking Powder
- ½ Teaspoon Salt
- 2 Tablespoons Brown Sugar
- 1 Teaspoon Pumpkin Pie Spice
- ¾ Cup Pumpkin Puree (canned)
- 1¾ Cups Milk (nonfat)
- 3 Tablespoons Vegetable Oil
- 3 Eggs (lightly beaten)

DIRECTIONS

1. In a large bowl combine flours, baking powder, salt, brown sugar, and pumpkin pie spice using a wire whisk.
2. In another bowl combine pumpkin, milk, oil and eggs. Mix until smooth.
3. Stir pumpkin mixture into the dry ingredients, mixing until moistened.
4. Spoon the batter onto a slightly greased, preheated skillet.
5. Cook slowly until bubbles appear on top and bottom becomes golden brown.
6. Turn pancakes and cook until other side is golden brown.
7. Serve warm. Top with powdered sugar or pancake syrup.

MEAL PATTERN CONTRIBUTION

 Grain

MEAL TYPE

 Breakfast

YIELD

8 Pancakes

PORTION SIZES

*Recipe courtesy of [USDA](https://www.usda.gov).

Toddler	Preschool	School Age	Adult
1 Pancake	1 Pancake	2 Pancakes	4 Pancakes