



A Nutrition Resource

PUMPKIN PANCAKES

Yield: 8 Servings | Serving Size: 2 pancakes
Cost/serving: \$0.26

Ingredients:

- 1 egg, slightly beaten
- 2 cups nonfat milk
- 1 cup pumpkin
- 2 Tablespoons vegetable oil
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 2 Tablespoons packed brown sugar
- 1 Tablespoon baking powder
- 1 teaspoon salt
- 1 1/2 teaspoons pumpkin pie spice*
- Toppings (optional): low-fat yogurt, banana slices, or maple syrup

Directions:

- 1) Preheat griddle or frying pan over medium heat.
- 2) In large bowl, beat together eggs, milk, pumpkin, and oil.
- 3) Add flours, sugar, baking powder, salt, and spices; mix until moistened. (Batter will be thick.)
- 4) For each pancake, pour 1/4 cup batter onto hot griddle. Use a spatula to spread batter into 4-inch circle before mixture sets.
- 5) Cook until surface bubbles and appears dry. Turn; continue cooking 2 to 3 minutes.
- 6) Serve with optional toppings.

Nutrition Facts

8 servings per container
Serving size 2 pancakes (138g)

Amount per serving
Calories 200

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 530mg	23%
Total Carbohydrate 33g	12%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 3g Added Sugars	6%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 134mg	10%
Iron 2mg	10%
Potassium 181mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



*Can substitute these spices for 1 1/2 teaspoons pumpkin pie spice:
1 teaspoon cinnamon, 1/4 teaspoon nutmeg, 1/4 teaspoon ginger

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