

# **Pumpkin Pancakes**

**Prep Time** 10 minutes

**Total Time** 15 minutes

Serves 6 (3 small pancakes)

## **Ingredients**

2 cups all-purpose flour

3 tablespoons brown sugar

2 teaspoons baking powder

1 teaspoon baking soda

1 tablespoon ground cinnamon

½ teaspoon nutmeg

½ teaspoon salt

1 ½ cup low-fat milk

1 ⅓ cup pumpkin puree

1 egg

2 tablespoons vegetable oil

Toppings: Pure maple syrup or whipped cream.

## **Directions**

1. In a large bowl, add the flour, brown sugar, baking powder, baking soda, cinnamon, nutmeg and salt. Use a whisk to mix ingredients.
2. In a medium bowl or large liquid measuring cup, whisk together milk, pumpkin, egg and vegetable oil.
3. Pour the pumpkin mixture into the flour mix and gently whisk to combine.
4. Spoon ¼ cup of batter onto a buttered hot pan and cook over medium heat. Once bubble start to form on top of pancakes, flip to cook other side.
5. Serve with pure maple syrup or whipped cream.