

Pumpkin Pancakes



Ingredients:

- 1 c canned pumpkin (not pumpkin pie filling)
- 1 1/4 c low-fat milk
- 3 T canola oil
- 1 egg
- 3 T brown sugar
- 1 1/4 c all-purpose flour
- 1 1/2 t baking powder
- 3/4 t cinnamon
- 1/4 t ginger
- Dash nutmeg

Directions:

1. In a large bowl, combine pumpkin, milk, oil, egg, and brown sugar. Whisk until well combined.
2. In a separate bowl, combine the flour, baking powder, cinnamon, ginger, and nutmeg. Mix well to combine.
3. Add dry ingredients to wet ingredients and whisk until just combined.
4. Heat up a griddle to medium heat, grease lightly if necessary.
5. Ladle 1/4 c batter for each pancake onto the griddle.
6. Cook until golden brown, flip to the other side, and cook until golden brown on the other side.

Makes 12-14 pancakes.



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