

## Pumpkin Pancakes



### Ingredients:

- 2 cups flour
- 2 tablespoons brown sugar
- 1 tablespoon baking powder
- 1 1/4 teaspoon pumpkin pie spice
- 1 teaspoon salt
- 1 egg
- 1/2 cup pureed pumpkin
- 1 3/4 cup low fat milk
- 2 tablespoons canola oil
- Cooking spray

### Directions:

1. Combine flour, brown sugar, baking powder, pumpkin pie spice, and salt in a large mixing bowl.
2. In a medium bowl, mix egg, pumpkin, milk, and oil.
3. Prepare a griddle or skillet with cooking spray and heat on medium.
4. Using a 1/4 measuring cup, pour batter onto griddle or skillet.
5. Cook until bubbles begin to pop on surface and flip.
6. Cook other side until golden brown. Repeat with remaining batter.

Makes 12 pancakes.



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