



Pumpkin Pancakes

Ingredients

1 cup whole wheat flour
1 cup all purpose flour
1 teaspoon salt
2 Tablespoons brown sugar
1½ teaspoon baking powder
1¼ teaspoon pumpkin pie spice
1 egg
¾ cup canned pumpkin
1½ cup 1% milk
1 cup water
2 Tablespoons vegetable oil
vegetable oil spray

Makes 9 servings

Instructions

1. Combine flours, salt, brown sugar, baking powder, and pumpkin pie spices in a large mixing bowl.
2. In a medium bowl, combine egg, canned pumpkin, milk, water and vegetable oil; mix well.
3. Add wet ingredients to flour mixture, stirring just until moistened. Batter may be lumpy.
4. Lightly coat a skillet with cooking spray and heat on medium.
5. Using a ¼ cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1½ to 2½ minutes. Repeat with remaining batter.

Notes:

- Use ¾ teaspoon cinnamon, ¼ teaspoon nutmeg, 1/8 teaspoon ginger, 1/8 teaspoon cloves, in place of pumpkin pie spice.
- Fresh or frozen winter squash or pumpkin puree may be used in place of canned pumpkin.

Nutrition Facts

Serving Size 2 - 4 inch pancakes
Servings Per Container 9

Amount Per Serving

Calories 170 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 290mg **12%**

Total Carbohydrate 27g **9%**

Dietary Fiber 3g **12%**

Sugars 5g

Protein 6g

Vitamin A 60% • Vitamin C 0%

Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

24% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

February 2010



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

