

## Perfectly Pumpkin Whole Wheat Pancakes

10-12 servings

These pumpkin pancakes are quick, easy and delicious on a cool fall or winter morning. They freeze well and make a great snack as well as a breakfast!

- 2 eggs
- 2 tablespoons vegetable oil
- 1 ½ cups low-fat milk
- ¾ cup canned pumpkin or pumpkin puree (not pumpkin pie filling)
- 2 tablespoons brown sugar
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 tablespoon baking powder
- ½ teaspoon pumpkin pie spice
- 1 teaspoon cinnamon

1. Wash hands with soap and water.
2. Break eggs into a medium mixing bowl and beat with a fork. Wash hands with soap and water after cracking raw eggs.
3. Add the oil, milk, pumpkin, and brown sugar to the bowl with the eggs. Mix well.
4. In a separate large mixing bowl, combine all-purpose flour, whole wheat flour, baking powder, and spices.
5. Add the liquid ingredients to the flour mixture and stir just until the dry ingredients are moistened.
6. Pour ¼ cup of batter for each pancake on a lightly oiled and heated griddle or skillet.
7. Cook until the pancakes are full of bubbles and the under-surface is lightly browned. Lift with a spatula and flip over. Lightly brown the other side.
8. Store leftovers in a sealed container in the refrigerator for up to four days.



**Nutrition Information per Serving (1 pancake):** Calories 150, Total Fat 4.5g, Saturated Fat 1g, Cholesterol 35mg, Sodium 170mg, Total Carbohydrates 24g, Fiber 2g, Total Sugars 4g, includes 2g Added Sugars Protein 5g, Vitamin D 6%, Calcium 10%, Iron 10%, Potassium 2%.