



Whole-Wheat Pumpkin Pancakes

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 4 servings | Serving Size: 2 pancakes

Ingredients

1 tablespoon butter
1 teaspoon pumpkin pie spice (can substitute cinnamon)
1 cup white whole-wheat flour or regular whole-wheat flour
1 tablespoon baking powder
Pinch salt
1 cup lowfat (1%) milk
½ cup 100% pure pumpkin puree
1 egg
1 tablespoon maple syrup or brown sugar
1 tablespoon vanilla extract
1 tablespoon olive oil
Nonstick cooking spray

Directions

1. Place the butter in a microwave-safe dish and cook in the microwave until melted, about 30 seconds.
2. Add the pumpkin pie spice and stir to combine. Set aside.
3. In a medium mixing bowl, whisk together the flour, baking powder, and salt.
4. In a separate medium mixing bowl, whisk together the milk, pumpkin, egg, maple syrup or brown sugar, vanilla, and oil.
5. Add the milk mixture and the butter mixture to the flour mixture. Stir gently until just combined.
6. Spray a nonstick skillet with cooking spray and set over medium heat.
7. Using a ¼-cup measure, scoop the batter onto the warm skillet. Cook until small bubbles form on the surface of the pancakes and the edges are dry, about 2-3 minutes.
8. Flip each pancake and cook for 1-2 minutes, then remove from the pan.
9. Repeat the process with the remaining batter, spraying with more cooking spray as needed.
10. Serve warm, topping as desired.

**Nutrition Facts Per Serving: Calories: 240 | Total Fat: 8.5 g | Saturated Fat: 3.5 g
Sodium: 90 mg | Total Carbohydrate: 34.5 g | Dietary Fiber: 1.5 g | Protein: 7 g**

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