



Pumpkin Pancakes

By Myra Kornfeld

These light whole grain pancakes are reminiscent of pumpkin pie. Enjoy them sprinkled with pecans and drizzled with maple syrup. Divide the can of cooked pumpkin into three portions and freeze the other two for additional batches.

10 to 11 3-inch pancakes

Prep Time: 10 minutes

Cook Time: 15 minutes

Ingredients

- 1 cup whole wheat pastry flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon cinnamon powder
- pinch ground cloves
- pinch of nutmeg
- 2 tablespoons natural brown sugar, such as succanat or maple sugar
- 1/2 cup pumpkin purée
- 1 tablespoon melted butter or coconut oil, plus more for the griddle
- 1 egg, lightly beaten
- 3/4 cup milk, soy milk, or almond milk
- pecans, butter, and maple syrup for serving



Photo: Lori Eanes Photography

Instructions

Whisk together the flour, baking powder, baking soda, salt, cinnamon, cloves, nutmeg, and sugar in a medium bowl. In another bowl, whisk together the pumpkin, butter, egg, and milk until well combined. Stir the wet ingredients into the dry, using a rubber spatula until all of the dry ingredients are evenly moistened.

Preheat a cast iron or non-stick griddle or frying pan and lightly butter or oil. When the griddle is hot, drop enough batter to form a 3-inch pancake onto the griddle (use a 1/4 cup measure partially filled). Repeat with another two to three pancakes, making sure not to crowd the griddle. Cook for 2 to 3 minutes over medium heat, until the underside is golden brown and the pancakes have small bubbles. Use a spatula to flip the pancakes, and cook another 2 to 3 minutes on the second side. Add a bit more butter or oil to the griddle and repeat with one or two more batches, until all of the pancakes are cooked.

Serve hot with butter and maple syrup.

Tips

You can keep the pancakes warm in a preheated 200F degree oven.

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