Pumpkin Pancakes

Ingredients:
Makes: 7 (2 4-inch pancakes per serving)
- 1 1/2 cups whole-wheat flour
- 2 tsp. baking powder
- 1/2 tsp. pumpkin pie spice
- 1/4 tsp. baking soda
- 1 large egg
- 1 1/2 cups skim milk
- 1 Tbsp. lemon juice
- 1 cup pumpkin puree
- 2 Tbsp. canola oil
- 1 tsp. vanilla extract
- 3 Tbsp. honey
- 1/4 cup pecans, chopped

Recipe adapted and photo credited from: http://www.eatingwell.com/

Method:
1. Whisk flour, baking powder, pumpkin pie spice, and baking soda in a large bowl. In a separate bowl, whisk egg, milk, lemon juice, pumpkin, pecans, oil and vanilla until evenly mixed.
2. Make a well in the center of the dry ingredients, add the wet ingredients and whisk until just combined. Try not to over mix, this will make the pancakes have a tough texture. Let the batter sit, without stirring, for 10 to 15 minutes.
3. Coat a nonstick skillet or griddle with cooking spray; heat over medium heat. Without stirring, measure about 1/4 cup batter per pancake and pour onto griddle. Cook pancake for 2 to 4 minutes, or until edges are dry and then flip the pancake over and cook for another 2-4 minutes. Repeat with the remaining batter.
4. Drizzle 1 tsp. honey on top of pancakes. Top with 1 Tbsp. pecans.

Tips on Pumpkin

How To Store:
Cover cut pumpkin in foil or plastic wrap. Store in refrigerator, up to 2-4 days. Pureed pumpkin can be frozen, up to 3 months.

How To Use:
- Add puree to pancakes or bread mixes
- Dice into casseroles or rice dishes

Health Benefits:
- Promotes healthy vision, immune system and heart
- May lower the risk of some cancers

Nutrition Facts
7 servings per container
Serving size 2 4-inch pancakes
Amount Per Serving
Calories 210
- Total Fat 8g 10%
- Saturated Fat 1g 5%
- Trans Fat 0g
- Cholesterol 30mg 9%
- Sodium 95mg 4%
- Total Carbohydrate 31g 11%
- Dietary Fiber 4g
- Total Sugars 10g
- Includes 5g Added Sugars
- Protein 7g

% Daily Value
- Vitamin D 1mcg 4%
- Calcium 167mg 15%
- Iron 2mg 10%
- Potassium 281mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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