



Pumpkin Pancakes

Servings 5 | Prep time 10 mins. | Total time 20 mins.

Equipment: Large bowl, large skillet, spatula

Utensils: Mixing spoon

Ingredients

2 cups Bisquick*
2 tablespoons sugar
2 teaspoons baking powder
1 teaspoon cinnamon
1 teaspoon pumpkin pie spice
1 cup pumpkin puree
1 teaspoon vanilla
½ cup milk

*NOTE: If you don't have baking mix substitute 2 cups flour and 1 teaspoon baking soda to the dry mix and add 1 egg and 2 tablespoons vegetable oil to the milk.

Instructions

1. Mix all dry ingredients in a large bowl.
2. Add pumpkin and vanilla and stir.
3. Slowly add milk until desired consistency is reached.
4. Allow batter to sit for ~ 5 minutes before cooking
5. Spray pan with non-stick spray and place over medium heat.
6. Using a ¼ cup measure, pour batter onto the pan. Cook on one side until bubbles begin to form. Flip and then cook on the second side until golden brown.

Nutritional Information:

Calories 200
Total Fat 6g
Sodium 660mg
Total Carbs 35g
Protein 4g