



Pumpkin Pancakes

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

Equipment:

Large bowl
Large frying pan

Utensils:

Mixing spoon
Measuring cups and spoons
Spatula

Ingredients

Non-stick spray
2 cups all-purpose baking mix*
2 tablespoons sugar
2 teaspoons baking powder
1 teaspoon ground cinnamon
1 teaspoon pumpkin pie spice
1 cup pumpkin puree
1 teaspoon (regular or imitation) vanilla extract
2 cups low-fat milk

* 2 cup flour, 2 teaspoons baking powder, 3/4 teaspoon salt

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and tops of cans.
2. Combine baking mix, sugar, baking powder, ground cinnamon, and pumpkin pie spice in a large bowl.
3. Add pumpkin and vanilla. Stir.
4. Slowly add milk until desired consistency is reached.
5. Allow batter for sit for about 5 minutes before cooking.
6. Spray pan with non-stick spray and place over medium heat.
7. Using a 1/4 cup measure, pour batter onto the pan. Cook on one side until bubbles begin to form.
8. Flip pancakes and cook on the second side until golden brown.

Nutritional Information:

Calories 240 Total Fat 7g Sodium 770mg Total Carbs 40g Protein 7g