



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

Nutritional Information:

Calories 240

Total Fat 7g

Sodium 770mg

Total Carbs 40g

Protein 7g

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 to 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.