

# Pumpkin Pancakes

Cooking With Confidence

## Ingredients

- 1 Egg
- 1/2 cup canned pumpkin
- 2 cups nonfat milk
- 2 tbsp vegetable oil
- 2 cups flour
- 2 tbsp brown sugar
- 1 tbsp baking powder
- 1 tsp pumpkin pie spice



## Directions

1. Wash your hands with warm soapy water
2. In a large mixing bowl, combine eggs, pumpkin, milk and oil
3. Add flour, brown sugar, baking powder, pumpkin pie spice to egg mixture
4. Lightly grease a skillet or griddle and heat on medium-high. Measure and pour approximately 1/4 cup of batter onto hot griddle
5. Pancakes are ready to turn when the tops have bubbled. Flip pancake and continue to bake until bottoms are brown
6. Refrigerate leftovers within 2 hours

## Notes

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Recipe adapted from USDA MyPlate recipes