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## Pumpkin Pancakes

Makes 9 servings

### Ingredients:

- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1 teaspoon salt
- 2 teaspoons brown sugar
- 1 ½ teaspoon baking powder
- 1 ¼ teaspoon pumpkin pie spice
- 1 egg
- ¾ cup canned pumpkin
- 1 ½ cup 1% milk
- 1 cup water
- 2 tablespoons vegetable oil
- Vegetable oil spray

### Directions:

1. Combine flours, salt, brown sugar, baking powder, and pumpkin pie spices in a large mixing bowl.
2. In a medium bowl, combine egg, pumpkin, milk, water, and vegetable oil; mix well.
3. Add wet ingredients to flour mixture, stirring just until moistened. The batter may be lumpy.
4. Lightly coat a skillet with cooking spray and heat on medium.
5. Using a ¼ cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 ½ to 2 ½ minutes. Repeat with remaining batter.

### Tips:

- Use ¾ teaspoon cinnamon, ¼ teaspoon nutmeg, 1/8 teaspoon ginger, 1/8 teaspoon clove, may be used in place of pumpkin pie spice.
- Fresh or frozen winter squash or pumpkin puree may be used in place of canned pumpkin.

Nutrition Facts	
9 servings per container	
Serving size (2) 4 in pancakes	
Amount per serving	
<b>Calories</b>	<b>170</b>
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 290mg	13%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 3g Added Sugars	6%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 166mg	15%
Iron 2mg	10%
Potassium 134mg	2%
<small>*The % Daily Value 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.</small>	

24% calories from fat

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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