



Child & Adult Care Food Program

Whole Wheat Pumpkin Pancakes



INGREDIENTS

- 3 eggs
- 1/3 cup brown sugar
- 1/3 cup olive oil
- 1 1/2 cups buttermilk
- 1/2 cup pumpkin puree
- 2 teaspoon vanilla
- 1/2 teaspoon cinnamon + a dash of nutmeg and ground cloves
- 2 cups whole wheat flour
- 2 tablespoons (yep) baking powder
- 1/2 teaspoon salt
- 1/4 cup water



INSTRUCTIONS

1. Whisk the eggs, brown sugar, and olive oil together. Add the buttermilk, Whole Grain Flour pumpkin puree, and vanilla and whisk until smooth.
2. Stir in the cinnamon, nutmeg, cloves, flour, baking powder, and salt gently until just incorporated. Add the water and stir until smooth.
3. Pour onto a medium hot griddle and cook for 3-5 minutes per side, until the edges start to look dry and a little more firm. Flip the pancakes and finish cooking for 1-2 minutes on the other side. Serve hot with light butter, sugar free syrup and any other toppings such as different fresh fruits.