

Recipe of the Month – November 2022

Whole Wheat Pumpkin Pancakes

Serves 6

Serving Size: 2 pancakes

Cost per Serving: \$0.33

Ingredients:

1 cup whole wheat flour

½ teaspoon baking powder

¼ teaspoon baking soda

½ teaspoon cinnamon

¼ teaspoon nutmeg

¼ teaspoon salt

1 cup nonfat milk

1/3 cup pumpkin puree

1 egg

1 Tablespoon oil (canola or vegetable)

2 Tablespoons maple or pancake syrup



Directions:

1. Mix flour, baking powder, baking soda, cinnamon, nutmeg, and salt together with a fork in a medium bowl.
2. Beat milk, pumpkin puree, egg, oil, and syrup together in a small bowl.
3. Add the wet ingredients to the dry ingredients. Stir until just combined.
4. Heat a skillet over medium low heat. Spray with nonstick cooking spray.
5. Pour pancake batter into the skillet using a ¼ cup measuring cup. Cook until the pancakes have bubbles on the top and the edges are slightly dry, about 3 – 4 minutes. Flip pancakes and cook for about 2 – 3 minutes more.

Nutrition Facts per Serving: 140 calories, 3.5g total Fat (0.5g sat. fat), 30mg Cholesterol, 220mg Sodium, 22g Carbohydrates, 3g Fiber, 7g Sugar, 5g Protein

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2022 Nutrition & Fitness Calendar*