

## 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*



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES

**Clermont County Extension**

1000 Locust Street, PO Box 670  
Owensville, OH 45160  
Phone: 513-732-7070