

Recipe for

PUMPKIN PANCAKES

EQUIPMENT NEEDED Medium skillet, spatula, large bowl, whisk, can opener, measuring cup, measuring spoon, medium bowl

ESTIMATED COST \$5.01 COST PER SERVING \$0.84 SERVES 6 (2 ea)

INGREDIENTS

- 1 ½ cups all-purpose flour
- 2 tsp baking powder
- ¼ tsp baking soda
- 1 ½ tsp ground cinnamon (or pumpkin pie spice)
- ½ tsp salt
- ¾ cup canned pumpkin puree
- 1 tsp vanilla extract
- ¾ cup milk (or milk alternative)
- 2 ea eggs
- 2 tbsp maple syrup
- 2 tbsp butter

METHOD OF PREPARATION

1. In a medium bowl, whisk together flour, baking powder, baking soda, cinnamon (or pumpkin pie spice), and salt. Set aside.
2. In a large bowl, whisk together the pumpkin puree, milk (or milk alternative), eggs and maple syrup. Add the flour mixture and whisk until smooth. If the batter seems too thick, add 1 or 2 more tbsp of milk. Do not over-mix.
3. In a nonstick pan over medium heat, melt 1 tbsp of butter. Add about ¼ c. of batter into the pan and cook for about 2 minutes until the puffy and bubbles form on the surface. Flip and cook until the bottom is golden, about 1 minute. Continue working in batches, melting the butter and using the remaining batter.

Serve immediately topped with maple syrup, fresh fruit, or Greek yogurt.

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NUTRITION INFORMATION

Pumpkin Pancakes		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving		% Daily Value*
Calories	218 kcal	11 %
Total Fat	6.1 g	9 %
Saturated Fat	3 g	15 %
Trans Fat	0.2 g	
Cholesterol	72.9 mg	24 %
Sodium	448.3 mg	19 %
Total Carbohydrate	33.5 g	11 %
Dietary Fiber	2 g	8 %
Sugars	7.2 g	
Protein	6.7 g	13 %
Vitamin A	68 % • Vitamin C	1 %
Calcium	16 % • Iron	12 %

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Full Info at cronometer.com

HEALTH BENEFITS

Pumpkins are great helping to support eye and vision health. They contain Vitamin A, C, and E, as well as many antioxidants and other nutrients that can help reduce age-associated vision problems.



HEALTH BENEFITS

Maple Syrup contains numerous antioxidants, which helps to fight inflammation, and protects against cell damage. When shopping for maple syrup it is best to choose a darker 100% pure maple syrup, which is more likely to have more nutrients than the lighter types.

References:

1. Recipe provided by Kelley Robertson.

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