



Pumpkin Pancakes

Welcome a crisp autumn day by adding pumpkin to your morning pancakes.

Ingredients 2 cups white whole-wheat flour 2 T brown sugar, packed 2 tsp. baking powder 1/2 tsp. baking soda 1/2 tsp. salt 1 1/2 cups buttermilk* 1/2 cup pumpkin puree 1 large egg 2 T. canola oil 1/2 cup chopped walnuts

Preparation

In a large bowl, combine the dry ingredients. In another bowl, combine the milk, pumpkin, egg and oil. Add the milk mixture and nuts to the dry ingredients, and stir together until just moistened. Be careful not to overmix the batter.

Spray a heavy skillet or griddle pan with non-stick cooking spray or brush on a light coating of canola oil. Place over medium-high heat and warm. Add 1/4 cup batter for each pancake. Cook about 2 minutes or until large bubbles appear. Then turn and cook for an additional 2 to 3 minutes or until golden brown.

Makes 16 4-inch pancakes.

*To substitute for buttermilk, whisk 1 tablespoon fresh lemon juice with the milk and set aside for a few minutes to thicken.