

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

1/2 teaspoon baking powder

1/4 teaspoon baking soda

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

1/4 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 1/4 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.

Tips:

- Use leftover pumpkin puree in Hot Pumpkin Drink

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



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