

Pumpkin Pancakes

Ingredients:

- 1 cup all purpose flour
(or 1 cup whole wheat pastry flour)
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon pumpkin pie spice
- 1 egg, slightly beaten
- 2 cups pumpkin puree
- ½ cup molasses or maple syrup
- 3 – 4 tablespoons fat free buttermilk
(or skim milk)
- 2 tablespoons canola oil
- ½ cup chopped pecans, optional



Directions:

In a large bowl, sift flour, baking powder, salt, and pumpkin pie spice. Set aside. In another bowl, beat egg slightly. Add pumpkin puree, syrup, milk/buttermilk, and oil. Mix until smooth. Blend in dry ingredients all at once. Mix until smooth. Allow batter to rest for 30 minutes.

Stir in nuts. Stir in more milk if batter is too thick. To make pancakes, spoon a heaping tablespoon of batter onto lightly greased preheated heavy skillet. With back of spoon, flatten batter to ½-inch thickness. Cook slowly until bubbles appear on top and bottom is golden brown. Lift edge to check. Flip and cook until other side is golden brown.

Place on a platter and set in a warm over. Continue making pancakes until all batter is used.

Makes 24, 3-inch pancakes, serves 4 to 6 people

Pumpkins are loaded with an important antioxidant, beta-carotene. Beta-carotene is one of the plant carotenoids converted to vitamin A in the body. In the conversion to vitamin A, beta-carotene performs many important functions in overall health.