



### Perfect Pumpkin Pancakes:

#### Ingredients:

2 cups flour  
2 Tbsp. brown sugar  
1 Tbsp. baking powder  
1 ¼ tsp. pumpkin pie spice  
1 tsp. salt  
1 egg  
½ c pumpkin (canned)  
1 ¾ cups milk (low fat)  
2 Tbsp. vegetable oil

Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl. In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, use more milk.) Lightly coat a griddle or skillet with cooking spray and heat on medium. Using ¼ cup measure, pour batter on to hot griddle. Cook until bubbles begin to burst, the flip the pancakes and cook until golden brown, 1 ½ to 2 ½ minutes. Repeat with remaining batter.

**Yield:** 16 pancakes

**Serving Size:** one pancake provides a grains/bread at breakfast or lunch/supper for children 3-5 years.