



Pumpkin Pancakes

Prep time: 10 min
Cook time: 10 min
Makes 8-12 pancakes

INGREDIENTS

- ½ cup canned pumpkin puree
- 1 cup milk
- 2 tablespoons canola oil
- 1 egg
- ½ teaspoon vanilla extract
- 1 cup all-purpose or whole wheat flour
- 1 tablespoon sugar
- 2 teaspoons pumpkin pie spice
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. In a large bowl, whisk together pumpkin puree, milk, oil, egg, and vanilla extract.
2. In a separate bowl, whisk together the flour, sugar, pumpkin pie spice, baking powder, baking soda, and salt.
3. Pour dry ingredients into wet ingredients and stir just enough to mix it all together.
4. Heat a large nonstick skillet or griddle over medium heat. Pour ¼ cup of pancake batter onto the skillet. Cook the pancakes until bubbles begin to form and the edges begin to brown, about 1-2 minutes. Flip and continue to cook until golden brown, about 2 minutes more.
5. Remove from heat. Serve and enjoy!

Pumpkin puree is made from different types of winter squash that are roasted and then blended. Make sure to buy pumpkin puree, not pumpkin pie filling. Pumpkin pie filling has sugar and spices added to it.



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