



Camp Fire USA Reality Food Activities



Camp Fire USA and the Home Baking Association are partnering to feature Camp Fire USA staff and leaders with great food activities!

FOOD ACTIVITY: Pumpkin Pancakes

SUBMITTED BY: Elaine Veevaete & Kathy Horn
Camp Fire USA Staff, Leader & Volunteer
River Bend Council
South Bend, IN

AGE FOR ACTIVITY: Fifteen - 8 to 12 years old

ACTIVITY SETTING: Park Lodge - Club Meeting Room
An after school snack activity at a club meeting.
Small group and camp adaptable.

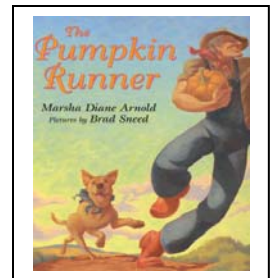
DESCRIPTION: "Our members learned to follow directions, measure, and mix, use a griddle, prepare a healthful snack each member's family could enjoy too!" Favorite topping: Pumpkin butter!

TIME: 30 to 40 minutes

WHAT YOU NEED:

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- Clean table top or cover with cloth or paper
- Electric griddle(s) or skillet(s)
- Drop cord, tape to secure the cord (to avoid tripping)
- Pumpkin Pancakes ingredients (Double recipe makes 15-18 pancakes)
- Large bowl
- Whisk
- Spoon, level edged knife or spatula
- Dry measuring cups, spoons
- Liquid measuring cup
- Vegetable oil for griddle
- Spatula to flip pancakes
- Plates, forks, napkins
- Applesauce, Pumpkin Butter, Fruit Sauce, Syrup
- Add a true story—

The Pumpkin Runner by Marsha Diane Arnold



Pumpkin Pancakes

Makes 15, (1.3 oz/36g) pancakes

- 1 cup enriched all purpose *or* wholegrain baking mix*
- ¼ cup quick oatmeal OR whole wheat flour OR cornmeal OR flax meal
- 1 tablespoon dark brown sugar, firmly packed
- ¼ teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground ginger
- ¾ cup low fat milk
- 1 large egg, lightly beaten
- ¼ cup mashed pumpkin
- 1 tablespoon vegetable oil or melted butter

* Such as Jiffy Mix or Hodgson Mill InstaBake

Directions

1. In a medium mixing bowl, beat all ingredients together with a whisk until well blended.
2. Brush the griddle or skillet with oil, and preheat to hot (375-400 ° F.).
3. Ladle or pour ¼ cup batter onto the griddle or skillet. Bake until tops are bubbly and edges are dry. Turn 'cakes only once; bake until golden brown.
4. Serve with fruit sauce, applesauce, honey butter or syrup.

Fruit Sauce: With a hand blender puree one, 15 oz. can peaches or apricots, 1 small can mandarin oranges and 1 cup fresh or frozen berries

Honey Butter: 1 stick butter creamed with 1/3 cup honey

Fruit Syrup: 1 cup light corn syrup + ½ cup fresh or frozen fruit Simmer 2 to 3 minutes.

Pumpkin Butter: In a large saucepan/electric skillet, combine: 1, 29 oz. can pumpkin puree, ¾ c. apple juice, 1½ c. granulated sugar, 2 tsp. cinnamon, ¼ tsp. *each* ginger and nutmeg, ½ tsp. cloves. Slowly bring to boil and simmer while stirring, about 30 minutes (until thick). Serve or refrigerate when cooled.

Writer/contributor: Sharon Davis, Family & Consumer Sciences Education, www.homebaking.org

Nutrition Facts	
Serving Size (36g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Cholesterol 15mg	5%
Sodium 180mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	5%
Sugars 3g	
Protein 3g	
Vitamin A 15%	Vitamin C 0%
Calcium 8%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

River Bend Council

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