Pumpkin Pancakes

Ingredients:
1 cup all-purpose or wholegrain baking mix
¾ cup low fat milk
⅛ cup quick oatmeal or whole wheat flour or cornmeal or flax meal
¼ cup cooked or canned pumpkin
1 egg, lightly beaten
1 tablespoon packed dark brown sugar
1 tablespoon melted butter
1/4 teaspoon ground cinnamon
1/8 teaspoon ground nutmeg
1/8 teaspoon ground ginger
Vegetable oil

Preparation Time: 10 minutes
Baking Time: 2-3 minutes per side
Makes: 15 pancakes
Serving: 1 pancake

Directions:
1. Preheat griddle or skillet until hot (400 °F).
2. Combine dry ingredients in medium mixing bowl.
3. Combine milk, pumpkin, egg and butter in separate bowl. Add to dry ingredients and mix just until blended. Do not over mix.
4. Brush griddle or skillet with vegetable oil. Griddle or skillet is ready for pancakes when a drop of water sprinkled on the hot surface sizzles.
5. Ladle or pour ¼ cup batter for each pancake onto the griddle or skillet. Space batter 2 inches apart for easier flipping.
6. Bake until tops are bubbly and edges are dry. Turn pancakes only once; bake until golden brown. Serve with fruit sauce, applesauce, honey, pumpkin butter or syrup.

Nutrition Facts (1 serving/31g)
Calories: 58, Protein: 2g, Carbohydrates: 9g, Dietary Fiber: 1g, Fat: 2g, Mono Fat: 1g, Cholesterol: 15mg, Calcium: 19mg, Potassium: 18mg, Sodium: 11mg

Fun Fact:
The first recipe for a pancake appeared in an English cookbook back in the fifteenth century.

Vocabulary:
Self-rising flour: a blend of all-purpose flour, baking powder and salt.