

Pumpkin Pancakes

Makes 4 servings

1 cup all-purpose flour

2 tablespoons packed brown sugar

2 teaspoons baking powder

1 teaspoon pumpkin spice

1/8 teaspoon salt

1 cup skim milk

1/2 cup cooked pumpkin

1/2 teaspoon vanilla extract

1 egg

Cooking spray

In a large bowl, mix flour, sugar, baking powder, spices and salt. In another bowl, beat the milk, pumpkin, vanilla and egg; add into the flour mixture until just incorporated. Place a nonstick griddle or a large nonstick frying pan over medium heat, coat lightly with cooking spray. Pour batter in 1/4-cup portions onto griddle and cook until pancakes are browned on the bottom and edges begin to look dry, about 2 minutes; turn with a wide spatula and brown other sides, 1 to 2 minutes longer. Serve pancakes warm and top with Greek yogurt and toasted nuts, maple syrup or your favorite pancake toppings.



Farmers Market Food Safety Tips

Tips for cooking fresh pumpkins:

- Wash outside of pumpkin, cut in half and remove flesh and seeds
- Preheat oven to 300 degrees F
- Cut pumpkin into small pieces, place skin side up with $\frac{1}{4}$ cup of water in a shallow pan
- Bake uncovered for 1 hour or until tender; remove skin before using pulp

Cooking in microwave

- Place pumpkin pieces in glass bowl, cover and cook on high until tender, about 15 minutes.

Nutritional Info Per Serving:

187 calories; 1.6 g fat (0 g sat); 36 g carbs; 120 mg sodium; 2 g fiber; 7 g protein

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