

## Pumpkin Pancakes

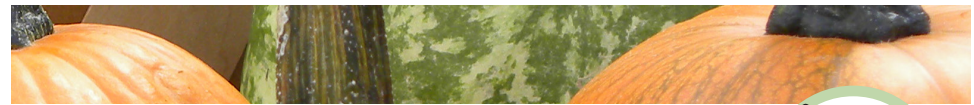
Makes 4 servings

- |                                  |                              |
|----------------------------------|------------------------------|
| 1 cup all-purpose flour          | 1 cup skim milk              |
| 2 tablespoons packed brown sugar | 1/2 cup cooked pumpkin       |
| 2 teaspoons baking powder        | 1/2 teaspoon vanilla extract |
| 1 teaspoon pumpkin spice         | 1 egg                        |
| 1/8 teaspoon salt                | 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. Heat 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, cook until pancakes are browned on the bottom, about 2 minutes. Turn with a spatula and brown other sides, 1 to 2 minutes longer. Serve warm and top with Greek yogurt and toasted nuts or maple syrup.

Recipe Source: Michigan State University Extension



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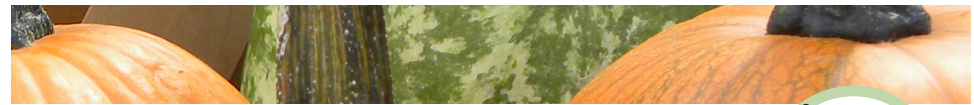
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## Farmers Market Food Safety Tips

### 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 ¼ 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**

Food Safety Cooking Demonstrations and materials are supported by a Food Safety Training and Education grant provided by the Michigan Department of Agriculture and Rural Development.

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