**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. 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*
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

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