

Pumpkin Spice Pancakes

<u>Code</u>
\$, Q, V



<u>Nutrition Facts:</u>	
Yield	4 servings
Calories	184
Total Fat	3 g
Sat Fat	<0.5 g
Sodium	526 mg
Added Sugar	3.25 g
Fiber	4.25 g
Vitamin A	23% DV
Calcium	24% DV
Iron	10% DV
*Nutrition facts are for 1 serving	

Ingredients Needed:

- 1 cup whole-wheat flour
- 2 tsp. baking powder
- ¼ tsp. salt
- ½ tsp. cinnamon
- ½ tsp. pumpkin pie spice
- ¼ cup canned pumpkin
- 1 Tbsp. brown sugar
- 1 cup skim milk
- 3 large egg whites
- 2 tsp. oil
- 1 tsp. vanilla

Recipe Directions:

- Mix all dry ingredients in a bowl. Combine milk, egg whites, and canned pumpkin in a bowl and mix until smooth.
- Combine wet ingredients with the dry and mix well with a spoon until there are no more dry spots.
- Don't over mix.
- Heat a large skillet on medium heat. Spray oil to lightly coat and pour ¼ cup of pancake batter in skillet. When the pancakes start to bubble and the edges begin to set, flip the pancakes. Repeat with the remainder of the batter.