

SPEND SMART. EAT SMART.®

Whole Wheat Pumpkin Pancakes

Serves: 6 Cost/Serving: \$0.33 Serving Size: 2 pancakes

INGREDIENTS

- 1 cup whole wheat flour
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt
- 1 cup nonfat milk
- 1/3 cup pumpkin puree
- 1 egg
- 1 tablespoon oil (canola or vegetable)
- 2 tablespoons maple or pancake syrup

INSTRUCTIONS

- 1 Mix flour, baking powder, baking soda, cinnamon, nutmeg, and salt together with a fork in a medium bowl.
- 2 Beat milk, pumpkin puree, egg, oil, and syrup together in a small bowl.
- 3 Add the wet ingredients to the dry ingredients. Stir until just combined.
- 4 Heat a skillet over medium low heat. Spray with nonstick cooking spray.
- 5 Pour pancake batter into the skillet using a 1/4 cup measuring cup. Cook until the pancakes have bubbles on the top and the edges are slightly dry, about 3-4 minutes. Flip pancakes and cook for about 2-3 minutes more.

TIPS

Use leftover pumpkin puree in [Hot Pumpkin Drink](#).

Nutrition Facts

6 servings per recipe

Serving Size: 2 pancakes

Amount Per Serving

Calories 140

% Daily Value*

| | |
|--------------------------|-----|
| Total Fat 3.5g | 5% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 30mg | 10% |
| Sodium 220mg | 9% |
| Total Carbohydrates 22g | 7% |
| Dietary Fiber 3g | 12% |
| Total Sugars 7g | |
| Includes 4g Added Sugars | 8% |
| Protein 5g | |
| Vitamin D 1mcg | 6% |
| Calcium 97mg | 8% |
| Iron 1mg | 6% |
| Potassium 191mg | 4% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Extension and Outreach