

Today In Class I Made:

Pumpkin Pancakes



Makes 10 servings
One serving: 2 pancakes

Preparation Time: 10 minutes

Ingredients:

2 cups wheat flour	2 eggs
1 ½ tsp. salt	1 ¾ cup 1% milk
2 tbs. sugar	3 tbs. vegetable oil
1 tbs. baking powder	½ cup canned pumpkin

Preparation:

1. Sift flour, salt, sugar, baking powder and pumpkin pie spice in a large bowl.
2. Whisk the eggs and milk in a separate bowl. Whisk in the oil and canned pumpkin.
3. Pour over the dry ingredients and stir. Batter may be lumpy.
4. Spray the griddle and cook pancakes. Top with your favorite fruit or low fat yogurt.

Source: MUSD

Nutrition information per serving: Calories 158, Carbohydrate 23 g, Dietary Fiber 4 g, Protein 6 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 44 mg, Sodium 293 mg

HOW I FELT ABOUT THIS RECIPE

(Circle one)

Loved it 😊 It was okay 😐 Didn't like it ☹️



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