

Perfect Pumpkin Pancakes

2 cups flour

6 teaspoons brown sugar

1 Tablespoon baking powder

1 ¼ teaspoons pumpkin pie spice

1 teaspoon salt

1 egg

½ cup canned pumpkin

1 ¾ cups low-fat milk

2 Tablespoons vegetable oil

Combine flour, brown sugar, baking powder, pumpkin pie spice and salt in a large mixing bowl.

In a medium bowl, combine egg, canned pumpkin, milk, and vegetable oil, mixing well. Add wet ingredients to flour mixture, stirring just until moist. Batter may be lumpy. (For thinner batter, add more milk.)

Lightly coat a griddle or skillet with cooking spray and heat on medium. Using a ¼ cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1 ½ to 2 ½ minutes. Repeat with remaining batter.

Yield: 1 dozen 3 ½ inch pancakes

Nutrition information per pancake: 130 calories, 3g fat, 354 mg sodium, 21g carbohydrates, 1g fiber, 4g protein. Good source of calcium and potassium.

Note: You can make your own pumpkin pie spice. Just combine ¾ teaspoon cinnamon, ¼ teaspoon nutmeg, and 1/8 teaspoon each of ginger and cloves.

Safety Tip: You will know your griddle is hot enough for pancakes by sprinkling a few (3 or 4) drops of water on the surface of the pan. If they dance and sizzle, you are ready to cook. Be sure handles of skillets and pans are always turned toward the center or back of the stove, to prevent the pan from catching on hands or clothes and causing burns.