

Pumpkin Pancakes

Ingredients:

- 1 $\frac{3}{4}$ cup of milk
- 1 cup Pumpkin Puree
- 1 Egg
- 2 Tablespoons Vegetable Oil
- 2 Tablespoons Vinegar
- 1 teaspoon Vanilla Extract
- 2 cups Whole Wheat Flour
- 1 $\frac{1}{2}$ Tablespoons Brown Sugar
- 2 teaspoons Baking Powder
- 1 teaspoon Baking Soda
- 1 teaspoon Allspice
- 1 teaspoon Cinnamon
- $\frac{1}{2}$ teaspoon Ground Ginger
- $\frac{1}{2}$ teaspoon Sea Salt
- Olive Oil Spray

Directions:

1. In a bowl, mix together the milk, pumpkin, egg, oil, vanilla, and vinegar. Combine the flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger, and salt in a separate bowl. Stir into the pumpkin mixture just enough to combine.
2. Heat a lightly oiled griddle or frying pan over medium-high heat. Pour or scoop the batter on the griddle, using approximately 1 tablespoon of batter per pancake. Brown on both sides (3 minutes per side) and serve warm with Rainbow Fruit Salad.



WITH RAINBOW FRUIT SALAD