



Pumpkin Pancakes

Servings: 4 (12 pancakes)

Prep Time: 5 minutes

Cook Time: 10-15 minutes

Ingredients:

2 cups low-fat vanilla yogurt
1/4 cup maple syrup
1/4 teaspoon cinnamon
1 cup all-purpose flour
1 tablespoon sugar
2 teaspoons baking powder
1/2 teaspoon cinnamon
1 cup 1% low-fat milk
2 tablespoons melted butter
1 egg
1/2 cup canned pumpkin
1/2 cup low-fat vanilla yogurt

Preparation:

In small mixing bowl, briskly combine vanilla yogurt, maple syrup and cinnamon until yogurt becomes looser texture. Reserve.

Combine flour, sugar, baking powder and cinnamon in a large mixing bowl. In a medium bowl, combine milk, butter, egg, pumpkin and yogurt, mixing well. Add wet ingredients to flour mixture and stir until just moist. Do not overmix. 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 quarter-cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden. Serve warm with maple yogurt topping.

Tip: Nutrient-rich pancakes with pumpkin are good for breakfast or dinner.

Nutritional Facts:

Nutritional Facts Per Serving:

Calories:	420
Total Fat:	10g
Saturated Fat:	6g
Cholesterol:	80mg
Sodium:	440mg
Carbohydrates:	68g
Dietary Fiber:	2g
Protein:	15g
Calcium	50% Daily Value

Cost/recipe:

\$2.14

Cost/serving:

\$.36

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ON THE
BASICS**

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