PERFECT PUMPKIN PANCAKES

2 cups flour
6 tsp. brown sugar
1 Tbsp. baking powder
1¼ tsp. pumpkin pie spice
1 tsp. salt
1 egg
½ cup canned pumpkin
1¾ cup low-fat milk
2 Tbsp. vegetable oil

PREPARATIONS

1. Combine the flour, brown sugar, baking powder, pumpkin pie spice and salt in a large bowl.
2. In a medium bowl, combine the egg, canned pumpkin, milk and vegetable oil. Mix well.
3. Add the wet ingredients to the flour mixture and stir just until moist. The batter may be lumpy.
4. Lightly coat a griddle or skillet with cooking spray and heat on medium.
5. Pour ¼ cup of the batter onto hot griddle or skillet. Cook until bubbles begin to burst, then flip pancake and cook until golden brown. Repeat with remaining batter.

Makes: 12 pancakes, one pancake per serving

Nutritional Information (per serving)

Total Calories	127
Total Fat	3 g
Protein	4 g
Carbohydrates	21 g
Dietary Fiber	1 g
Saturated Fat	2 g
Sodium	115 mg

Source: USDA