

Pumpkin Pancakes

A yummy breakfast treat!



- | | |
|---------------------------------|--|
| 1 cup flour | 1 cup milk |
| 1 tablespoon sugar | 1 egg |
| 2 teaspoons baking powder | $\frac{3}{4}$ cup canned pumpkin |
| $\frac{1}{2}$ teaspoon cinnamon | $\frac{1}{2}$ cup low fat vanilla yogurt |

1. Combine the milk, egg, pumpkin and yogurt together in a large bowl.
2. Add the flour, sugar, baking powder and cinnamon to the bowl. Stir the batter until it is just moist. Add a little more milk if you want a thinner batter.
3. Heat a non stick skillet over medium heat. Spoon batter onto hot skillet to form pancakes. Cook pancakes until brown on both sides.



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