

pumpkin pancakes

a yummy breakfast treat!

1 cup milk
1 egg
¾ cup canned
pumpkin
½ cup vanilla yogurt

1 cup flour
1 tablespoon sugar
2 teaspoons
baking powder
½ teaspoon cinnamon

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 the hot skillet to form pancakes. Cook pancakes until brown on both sides.



© Nutrition Matters, Inc. All Rights Reserved.
This tipsheet can be reproduced for educational purposes.

pumpkin pancakes

a yummy breakfast treat!

1 cup milk
1 egg
¾ cup canned
pumpkin
½ cup vanilla yogurt

1 cup flour
1 tablespoon sugar
2 teaspoons
baking powder
½ teaspoon cinnamon

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 the hot skillet to form pancakes. Cook pancakes until brown on both sides.



© Nutrition Matters, Inc. All Rights Reserved.
This tipsheet can be reproduced for educational purposes.