

Taste of Home



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Fluffy Pumpkin Pancakes

★★★★☆

These pumpkin pancakes are also delicious served with butter or whipped topping and a sprinkle of pumpkin pie spice. Freeze any extras in a single layer on a cookie sheet, then store in a freezer bag. They're great fresh out of the toaster! —Mindy Bauknecht, Two Rivers, Wisconsin

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 6 pancakes.

Ingredients

1/3 cup all-purpose flour

1/3 cup whole wheat flour

2 tablespoons sugar

1/2 teaspoon baking powder

1/2 teaspoon baking soda

1/4 teaspoon pumpkin pie spice

1/8 teaspoon ground cinnamon

Dash salt

1 large egg

1/2 cup fat-free milk

1/3 cup vanilla yogurt

1/3 cup canned pumpkin

1 tablespoon canola oil

1/8 teaspoon vanilla extract

Maple syrup

Directions

1. In a bowl, whisk together the first eight ingredients. In another bowl, whisk the next six ingredients until blended. Add to dry ingredients; stir just until moistened.

2. Lightly coat a griddle with cooking spray; preheat over medium heat. Pour batter by 1/3 cupfuls onto griddle. Cook until bubbles on top begin to pop. Turn; cook until golden brown. Serve with syrup.

Nutrition Facts

3 pancakes: 360 calories, 11g fat (2g saturated fat), 109mg cholesterol, 579mg sodium, 55g carbohydrate (23g sugars, 5g fiber), 13g protein.

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