

# Pumpkin Pancakes

- Easy way to add (or hide!) extra vegetables to your daily intake.
- No need to add sugar to the batter—pumpkin pie filling has sugar and pancakes are usually served with syrup.
- Double this recipe to use a whole (28oz.) can of pumpkin pie filling. Eat some today and freeze the rest for later. Remove from the freezer and put in a toaster to thaw and serve.
- May also use plain pumpkin puree (15oz. can), just add 1 Tablespoon of sugar to the mix.
- Add chopped nuts or chocolate chips to the batter for an extra treat.

## Nutrition Facts

12 servings per container

**Serving size** 1/4 cup batter

**Amount per serving**

**Calories** **170**

**% Daily Value\***

**Total Fat** 6g **8%**

Saturated Fat 1g **5%**

*Trans* Fat 0g

**Cholesterol** 5mg **2%**

**Sodium** 290mg **13%**

**Total Carbohydrate** 26g **9%**

Dietary Fiber 1g **4%**

Total Sugars 9g

Includes 0g Added Sugars **0%**

**Protein** 5g

Vitamin D 0mcg **0%**

Calcium 191mg **15%**

Iron 1mg **6%**

Potassium 105mg **2%**

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Servings: 12      Prep Time: 30 minutes



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## Ingredients:

- 1 1/2 cups (1/2– 28oz. can) pumpkin pie filling
- 2 large eggs
- 2 cups low-fat milk
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 1/2 Tablespoons baking powder
- 1 Tablespoon ground cinnamon
- 1/4 teaspoon salt
- 1/4 cup canola oil, divided

## Directions:

1. In a large bowl, add pumpkin pie filling and eggs. **Whisk** together until smooth.
2. **Add** milk, flours, baking powder and cinnamon. Mix well—be careful not to overmix or the pancakes will be tough instead of fluffy.
3. **Add** 1 Tablespoon oil to a non-stick skillet over medium heat. (use 1T oil per batch in pan)
4. When hot, **drop** batter into the pan with the measuring cup size of your choice\*. Be sure to that the pancakes do not touch each other.
  - ◇ \*Use a **1/8 measuring cup** for small pancakes and **1/4 measuring cup** for larger pancakes.
5. **Cook** until bubbles form on the top and the edges are dry, about 3-4 minutes. **Flip** and **cook** for 2-3 minutes on other side.
6. **Repeat** with remaining batter.

Adapted from: <https://www.allrecipes.com/recipe/239810/easy-pumpkin-pancakes/>

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