

WHOLE WHEAT PUMPKIN PANCAKES

RECIPE FROM CAROL HEIL

Ingredients:

- 2 cups white whole wheat flour
- 2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp allspice
- 1/2 tsp ginger
- 1 tbsp wheat germ
- 1 tsp baking soda
- 1 1/2 tsp baking powder
- 1 1/2 cup buttermilk (or 6 tbsp dry powder buttermilk)
- 1/2 cup sour cream
- 1 cup pumpkin puree
- 1 tsp vanilla
- 2 large eggs
- 2 tbsp maple syrup
- 1 cup pecans



COOPERATIVE EXTENSION



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Directions:

1. In a large bowl, mix all dry ingredients including buttermilk powder.
2. In a medium bowl, mix all wet ingredients including 1 1/2 cups of water. Whisk to combine.
3. Combine dry and wet ingredients. Then fold in pecans.
4. Heat griddle to low. Drop 1/4 cup of pancake batter onto the hot skillet and cook until bubbles form and the edges are dry. Flip and cook until browned on the other side. Repeat with the remaining batter.