

Pumpkin Pancakes

Ingredients:

2 cups baking mix, Bisquick
2 tablespoons packed brown sugar
1 tablespoon pumpkin pie spice
1 can (5 ounces) evaporated fat-free milk
1/2 cup canned solid pack pumpkin
2 large eggs, lightly beaten
2 tablespoons vegetable oil
Maple syrup (optional)

Preparation Time: Approximately 15 minutes

Cook Time: Approximately 15 minutes

Preparation:

Combine the baking mix, brown sugar and pie spice in a large bowl; mix well. Stir in the milk, pumpkin, eggs and oil, mixing until the dry ingredients are completely moistened.

Lightly grease the griddle or skillet with oil. Heat the griddle over medium heat until hot. For 4-inch pancake – pour a scant 1/4-cup batter onto the hot griddle. Turn the pancake when the top is covered with bubbles and the edge looks cooked. Cook the second side until golden brown. Serve warm with maple syrup, if desired.

Tip: Pancakes can be made into jack-o'-lanterns by using dried cranberries or raisins for the face. Immediately after pouring batter onto griddle, arrange fruit to make eyes, nose and crooked mouth before batter sets up. Proceed as directed.

Servings: 6

Nutritional Information Per Serving: calories 270; total fat 13g (saturated fat 2.5 g); cholesterol 70mg; sodium 560 mg; carbohydrate 34 g (fiber 2 g); protein 7 g

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