

Pumpkin Pancakes

Serves: 4

Ingredients

1 cup fat-free milk or fat-free or low-fat
buttermilk
½ cup canned solid-pack pumpkin
(not pumpkin pie mix)
¼ cup unsweetened applesauce
Egg substitute equivalent to 1 egg OR
1 large egg

3 Tbsp. firmly packed light brown sugar
1 cup all-purpose flour
2 tsp. baking powder
½ tsp. baking soda
¼ tsp. ground nutmeg
Vegetable oil spray

In a medium bowl, whisk together the milk, pumpkin, applesauce, egg substitute, and brown sugar. In a large bowl, stir together the remaining ingredients except the vegetable oil spray. Gently stir the milk mixture into the flour mixture just until no flour is visible. Do not over mix; the batter will be slightly lumpy.

Heat a large nonstick griddle or skillet over medium heat. Remove from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Return to the heat. Pour onto the griddle about ¼ cup batter each for 4 pancakes. Cook for 3 to 4 minutes, or until small bubbles appear all over the tops of the pancakes and the bottoms are golden brown. Flip the pancakes. Cook for 1 to 2 minutes, or until the pancakes are cooked through and golden on the bottom. Repeat with the remaining batter.

Per serving: 225 calories, 0.5 g total fat (0 g saturated fat), 1 mg cholesterol, 428 mg sodium, 48 g carbohydrates, 2 g fiber, 22 g sugar, 7 g protein.