

Breakfast

Pumpkin Pancakes

5 Mins
Prep Time

10 Mins
Cook Time

12-16
Servings

236 Calories **2g** Fat **50g** Carbs **6g** Protein



Ingredients

12-16 Servings • **2** Pancakes Serving Size **15** Mins Total Time **Allergens: Gluten**

2 Cups Pancake Mix of Choice

1 ½ Cups Water

½ Cup Pumpkin Puree 

1 ½ Tsp Pumpkin Pie Spice

Allergen Swap

Gluten Replace the pancake mix with a gluten-free version.

Nourishment Note



Pumpkin

Pumpkin is a great source of antioxidants that can help reduce inflammation in the body and help you feel better overall. The vitamin A content can also help protect your immune system from illness.

Instructions

1. Mix Pancake Batter

Mix together 2 cups of pancake mix with the water or follow pancake mix instructions.

2. Add Pumpkin to Batter

Stir in the pumpkin and pumpkin pie spice.

3. Cook Pancakes

Spray electric skillet or skillet with cooking spray. Heat to medium setting. Once hot, use a $\frac{1}{4}$ cup measuring cup to scoop pancake mix and drop onto skillet. Allow to cook until bubbles begin to pop on the surface. Carefully flip pancakes and allow to cook for 2-3 minutes. Don't flip pancakes more than once because that will result in tough pancakes.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Mixing Bowl



Can Opener



Whisk



Spoon



Measuring Cups



Measuring Spoons



Cooking Spray



Spatula



Skillet or Electric Skillet

Breathe Better Food Tip

- Enjoy these pancakes with a side of vitamin D-rich eggs. Eggs are an excellent source of protein and vitamin D to help promote a healthy immune system.