

Whole Wheat Pumpkin Pancakes

Tender, moist, and deliciously spiced pumpkin whole wheat pancakes!

Yield:

18 small-medium pancakes

Ingredients:

1 1/2 cups whole wheat pastry flour

1 teaspoon baking soda

2 teaspoons baking powder

1/4 teaspoon salt

2 teaspoons ground cinnamon

1/4 teaspoon ground ginger

1/2 teaspoon ground nutmeg

1 1/3 cups buttermilk

1 cup mashed/canned pumpkin

2 eggs

1/2 cup sour cream

2 teaspoons vanilla extract

2 tablespoons brown sugar

Instructions:

1. In a large mixing bowl, whisk together the first 7 ingredients (dry). Set aside.

2. In a separate mixing bowl, whisk together the buttermilk, pumpkin, eggs, sour cream, vanilla, and brown sugar.

3. Add wet mixture to dry and stir gently just until a batter forms (can be lumpy).

4. Cook pancakes on a greased and pre-heated griddle or skillet. Ladle batter onto griddle, spreading it out slightly if needed.

Be sure to cook these long enough – they seem to take slightly

longer than regular pancakes, so be patient! When they are done, however, they will be tender, moist, and deliciously fragrant! Serve with hot maple syrup, brown sugar syrup, butter, or just enjoy plain! ☐



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This recipe is from Tammy's Recipes.