

Pumpkin Chocolate Chip Pancakes

Makes
6 pancakes

Prep time
10 minutes

Cook time
10 minutes

Good source of
Fiber
Protein

Ingredients:

- 1 cup whole wheat flour
- 2 tsp. baking powder
- ¼ tsp. salt
- ½ tsp. cinnamon
- ¼ tsp. pumpkin pie spice *(optional)*
- ½ cup canned, pureed pumpkin
- 1 Tbsp. pancake syrup
- 1 large egg
- 1 tsp. vanilla extract
- 1 cup skim milk
- 1/3 cup chocolate chips
- Cooking spray

Nutrition Facts

3 servings per container
Serving size 2 pancakes (95g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 130mg	6%
Total Carbohydrate 27g	10%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 6g Added Sugars	12%
Protein 6g	
Vitamin D 1mcg	6%
Calcium 152mg	10%
Iron 2mg	10%
Potassium 387mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. In a mixing bowl, combine flour, baking powder, salt, and cinnamon.
2. In a separate bowl, combine pureed pumpkin, pancake syrup, egg, vanilla extract, and skim milk. Mix well.
3. Add dry ingredients to wet ingredients and mix until just combined. Do not overmix. Gently fold in chocolate chips.
4. Lightly coat nonstick skillet or pan with cooking spray. Place over medium heat.
5. Drop batter by 1/4 cup onto pan. Cook until bubbles appear on top, about 2 minutes. Flip and cook until golden brown, an additional 2 minutes.
6. Lower heat for remaining batches. Repeat with additional cooking spray and remaining batter.

