

Pumpkin Pecan Pancakes

Yield: 4 servings

Ingredients:

- 1 cup white whole wheat flour
- 2 tsp baking powder
- ¼ tsp salt
- ½ tsp cinnamon
- 1 tsp pumpkin pie spice
- 1 cup buttermilk
- 3 large egg whites
- ¼ cup canned pumpkin
- 2 Tbsp pure maple syrup
- 1 tsp vanilla
- 2 tsp oil
- 3 Tbsp chopped pecans
- Cooking spray
- Warmed maple syrup, for topping (extra)

Directions:

1. Mix all dry ingredients (first five ingredients) in a bowl.
2. Combine buttermilk, egg whites, canned pumpkin, 1 Tbsp maple syrup, oil and vanilla in a bowl and mix until smooth.

(continued)

3. Combine wet ingredients with the dry and mix well with a spoon until there are no more dry spots, then fold in pecans. Don't over-mix.
4. Heat a large skillet on medium-low heat. Spray oil to lightly coat and pour $\frac{1}{4}$ cup of pancake batter. When the pancake starts to bubble and the edges begin to set, about 2 minutes, then flip the pancakes and cook an additional $1 \frac{1}{2}$ - 2 minutes. Repeat with the remainder of the batter. To serve, top with warmed maple syrup.

Nutrition Facts: (per serving/2 pancakes)

Calories: 234

Fat: 8g

Sodium: 497mg

Total Carbohydrates: 31g

Dietary Fiber : 4g

Protein: 10g

Source: *skinnytaste.com*



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