



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

PUMPKIN DOLLAR SIZE PANCAKES

1 cup all-purpose flour	2 eggs, lightly beaten
1 cup whole wheat flour	2 cups buttermilk
2 tablespoons sugar	½ cup canned pure pumpkin*
1 tablespoon baking powder	3 tablespoons vegetable oil
1 teaspoon pumpkin pie spice	Pancake syrup
½ teaspoon salt	

1. In large bowl, whisk together flours, sugar, baking powder, spice, and salt.
2. In medium bowl, whisk together eggs and buttermilk. Add pumpkin and oil; whisk to combine.
3. Make well in center of flour mixture.
4. Pour in pumpkin mixture; stir just until moistened. (Batter will be lumpy.)
5. Lightly coat large non-stick skillet or griddle pan with no-stick cooking spray; heat over medium-high heat.
6. Spoon 2 tablespoons batter per pancake into skillet. (For regular size pancakes, use 3 tablespoons batter.) Cook until bubbles appear into tops and bottoms are lightly browned, about 2 minutes.
7. Turn and cook until lightly browned on other side, about 1 minute.
8. Serve with pancake syrup.

Makes about 40 dollar size pancakes.

***Tip:** Canned pumpkin freezes well. Freeze it in ½ cup portions so you can defrost the amount you need to make these pancakes.

