Whole Grain Pumpkin Pancake

Pancakes are my jam, especially when you mix in pumpkin and spice. I use a homemade whole-grain mix to reduce sodium and improve overall ingredient quality by using whole grains in place of refined grains. Have these with a lean protein of choice, such as eggs, low-fat dairy, or Greek yogurt, for a complete meal! Enjoy.

**Ingredients:**

1 cup Sabrina’s whole grain pancake dry mix [click link for dry mix recipe]
2 tsp Pumpkin pie spice
1 tsp Cinnamon
½ cup Milk of choice (I used skim milk)
½ cup Greek yogurt, nonfat (can use plain or vanilla. I used plain)
1/3 cup 100% Pumpkin puree
1 large Egg

**Directions:**

1. Preheat skillet over LOW heat.
2. Mix 1 cups of the dry mix with ground pumpkin spice and cinnamon. Then, mix with the milk, yogurt, pumpkin, and egg. Whisk until batter is smooth.
3. Grease skillet using cooking spray. Spoon about 1/6 cup batter onto the skillet to make a small circular shape. Depending on how large your skillet is, spoon out another 1-2 making sure to keep space between each blob of batter.
4. Cook each pancake for 1-2 minutes on each side or until each side is a golden brown. Keep repeating this until all the batter is gone. The batter should make about 12 small pancakes.

***If wanting to make waffles, use a waffle maker. Turn on the waffle maker. Cover each section with batter. Cook in the waffle maker until light indicates the waffle is done.

Servings: 12 silver dollar pancakes
Serving size: 1 pancake