

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

Whole Grain Pumpkin Pancakes		
Nutrition Facts		
Serving Size: 1 Small Pancake		
Amount Per Serving	% Daily Value*	
Calories	66.9 kcal	3 %
Total Fat	2.8 g	4 %
Saturated Fat	0.5 g	3 %
Trans Fat	0 g	
Cholesterol	15.9 mg	5 %
Sodium	89.3 mg	4 %
Total Carbohydrate	8 g	3 %
Dietary Fiber	1.1 g	4 %
Sugars	1.8 g	
Protein	2.7 g	5 %
Vitamin A	22 %	Vitamin C 0 %
Calcium	6 %	Iron 3 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at cronometer.com </>		