

"Bloody" Pumpkin Pancakes

Serving Size: 2 pancakes
of Servings: 4

Ingredients

1 and 1/4 cup whole wheat flour
1/4 cup white sugar
2 teaspoons baking powder
1/2 teaspoon ground cinnamon
1 cup milk
1/2 cup canned pumpkin puree
1 egg, beaten
1 tablespoon vegetable oil
2 tablespoons strawberry syrup

Instructions

1. Combine flour, sugar, baking powder, and cinnamon in a mixing bowl
2. Whisk milk, pumpkin, egg, and oil together in a separate bowl. Pour this mixture into flour mixture and stir until combined. Batter should be slightly lumpy.
3. Heat a lightly oiled skillet or griddle over medium-high heat. Pour batter onto surface and cook until bubbles form - about 1 to 3 minutes. Flip pancake and cook about 1 more minute. Repeat with remaining batter.
4. Plate pancakes and drizzle with strawberry syrup. Stick a knife in the stack, and serve!

Nutrition Facts: 291 kcal, 52g carbs,
9g protein, 7g fat, 303mg sodium

Recipe Credit: <https://www.allrecipes.com/recipe/235535/simply-pumpkin-pancakes/>



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