

Breakfast

## Pumpkin Pancakes

**5 Mins**  
Prep Time

**10 Mins**  
Cook Time

**12-16**  
Servings

☰ 236 Calories 2g Fat 50g Carbs 6g Protein



## Ingredients

👤 12-16 Servings • 2 Pancakes Serving Size ⌚ 15 Mins Total Time 🚫 Allergens: Gluten

2 Cups Pancake Mix of Choice

1½ Cups Water

½ Cup Pumpkin Puree 🍂

1½ Tsp Pumpkin Pie Spice

### Allergen Swap

**Gluten** Replace the pancake mix with a gluten-free version

### Nourishment Note



#### 🍂 Pumpkin

Pumpkin is a great source of antioxidants that can help reduce inflammation in the body and help you feel better overall. The vitamin A content can also help protect your immune system from illness.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Mix Pancake Batter

Mix together 2 cups of pancake mix with the water or follow pancake mix instructions.

### 3. Add Pumpkin to Batter

Stir in the pumpkin and pumpkin pie spice.

### 4. Cook Pancakes

Spray electric skillet or skillet with cooking spray. Heat to medium setting. Once hot, use a  $\frac{1}{4}$  cup measuring cup to scoop pancake mix and drop onto skillet. Allow to cook until bubbles begin to pop on the surface. Carefully flip pancakes and allow to cook for 2-3 minutes. Don't flip pancakes more than once because that will result in tough pancakes.

### 5. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Registered Dietitians

## What You'll Need



Mixing Bowl



Can Opener



Whisk



Spoon



Measuring Cups



Measuring Spoons



Cooking Spray



Spatula



Skillet or Electric Skillet

### Breathe Better Food Tip

- Enjoy these pancakes with a side of vitamin D-rich eggs. Eggs are an excellent source of protein and vitamin D to help promote a healthy immune system.