

Jack-O-Lantern Pancakes

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Ingredients:

- 1 egg
- 1/4 cup **pumpkin puree**
- 3/4 cup + 2 Tablespoons **nonfat** or **1% milk**
- 1 Tablespoon **vegetable oil**
- 1 cup **all-purpose flour** (or substitute half with **whole-wheat flour**)
- 1 Tablespoon **brown sugar**
- 1+1/2 teaspoons **baking powder**
- 1/2 teaspoon **pumpkin pie spice**
- 1/2 teaspoon **salt**
- 1/2 cup low-fat **vanilla yogurt**

Makes: 8 pancakes (4-inch)

Directions:

1. Combine egg, pumpkin, milk and oil in a large mixing bowl.
2. Add flour, brown sugar, baking powder, pumpkin pie spice and salt to egg mixture. Stir gently.
3. Lightly spray a large skillet with nonstick cooking spray. Heat the skillet over medium-high heat.
4. Spoon 1/4 cup batter onto the skillet for each pancake. Cook until the top is bubbly and the edges are dry. Using a spatula, flip the pancake and cook it for 2 to 3 more minutes or until golden brown.
5. Place the cooked pancake on a plate. Repeat until the pancakes for everyone in your cooking team are made. Turn off the stove.
6. Enjoy with a spoonful of low-fat vanilla yogurt on top.

