**Foods 9-10 (B)**

[**Whole Wheat Pumpkin Pecan Pancakes**](http://www.skinnytaste.com/2013/10/whole-wheat-pumpkin-pecan-pancakes.html)

Adapted from: *Skinnytaste.com*

[](http://1.bp.blogspot.com/-0KXP0YYFtt4/UlqbnUHRifI/AAAAAAAAMRk/Irdpvj5vkAU/s1600/whole-wheat-pumpkin-pecan-pancakes.jpg)  
Whole wheat buttermilk pancakes made with whole wheat flour, pumpkin puree, pure maple syrup, pumpkin spice and pecans – a perfect lazy Sunday morning breakfast.

Servings: 2 Size: 2 pancakes

Calories: 234 Fat: 8 g

Carbohydrates: 31 g Fiber: 4 g

Protein: 10 g Sugar: 11 g  
Sodium: 497 mg Cholesterol: 3 g  
  
**Ingredients:**

* 125 mL whole wheat flour\*\* ½ cup
* 5 mL baking powder 1 tsp
* ½ mL salt ⅛ tsp
* 1 mL cinnamon ¼ tsp
* 2 mL pumpkin pie spice ½ tsp
* 125 mL buttermilk ½ cup
* 2 med egg whites (about 50 mL) 2 med
* 30 mL canned pumpkin 2 Tbsp
* 15 mL pure maple syrup 1 Tbsp
* 2 mL vanilla ½ tsp
* 5 mL oil 1 tsp
* 15 mL chopped pecans 1 Tbsp
* cooking spray **OR** 5-10 mL vegetable oil
* warmed maple syrup, for topping (extra)

\* \*You may use half whole wheat and half all-purpose flour if you prefer.

**Method:**

1. Mix all dry ingredients (first 5) together in a medium bowl.
2. Combine buttermilk, egg whites, canned pumpkin, maple syrup, oil and vanilla in a small bowl and mix until smooth.
3. Combine wet ingredients with the dry and mix well with a spoon until there are no more dry spots. Fold in pecans. **Don't over-mix.** (Sound familiar? It’s the “muffin method!”☺)
4. Heat a large skillet (frying pan) on medium-low heat. Spray or brush with oil to **lightly** coat the pan.
5. [](http://1.bp.blogspot.com/-4NG0hWiWV9U/UlqbmO-6G0I/AAAAAAAAMRc/Sh2Godjfm_w/s1600/making-pumpkin-pancake-batter.jpg)Pour in 60 mL (¼ cup) of pancake batter. When the pancake starts to bubble and the edges begin to set (about 2 minutes) then flip the pancakes and cook an additional 1 1/2 to 2 minutes. Repeat with the remainder of the batter.
6. Serve warm topped with warmed maple syrup.

**\*Note:**

If you don’t have buttermilk on hand, put 15 mL (1 Tbsp) of vinegar or lemon juice

In a measuring cup, then add your milk (whole, 1%, 2% or skim works fine) to the

250 mL (1 cup) line and let stand for 5 minutes.

This is a good substitute for using regular buttermilk.

November 2013