

Pumpkin Pie Pancakes

Nutrition Facts	
Serving Size pancakes	
Servings Per Container 12	
Amount Per Serving	
Calories 120	Calories from Fat 36
% Daily Values*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 2g	
Cholesterol 31mg	10%
Potassium 85mg	2%
Sodium 186mg	8%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 4g	8%
Vitamin A 51%	• Vitamin C 1%
Calcium 5%	• Iron 5.5%

What nutrient would be considered a high source?

What nutrient would you consider good sources?

What ingredient provides the source of Vitamin A?

Why is it beneficial to have Vitamin A in our diet?

Name 2 MyPlate Food Groups found in this recipe:

1. _____

2. _____

All About Pumpkins



Where is the pumpkin indigenous to?

How to Select:

- Pick heavy & firm pumpkins for their size

What nutrient are pumpkins good sources of?

1. _____
2. _____

How to Store:

- Store in a cool, dark place for up to 2 months

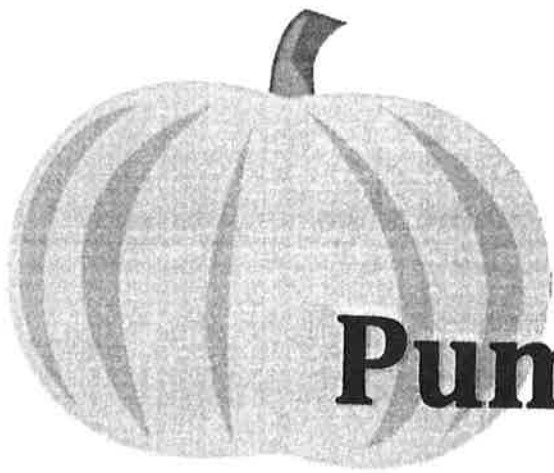
Pumpkins are also:

- Fat & saturated fat free
- Sodium free
- Cholesterol free

What about the seeds?

- Roast pumpkin seeds, an excellent source of zinc

<http://www.fruitsandveggiesmorematters.org/pumpkin>



**Cooking
with**



Pumpkin Pie Pancakes

Ingredients:

- 2 cups Whole Wheat Buttermilk Pancake Mix
- 2 eggs
- 1 cup pumpkin puree
- 1 ¼ cup skim milk
- 2 Tbsp oil
- 2 Tbsp brown sugar
- 1 Tbsp Pumpkin Pie Spice extract

Equipment:

- Can opener
- Medium bowl
- Set of measuring cups
- Set of measuring spoons
- Medium saucepan or griddle
- Large wooden or plastic spoon
- Whisk
- Spatula

Directions:

1. Measure out all ingredients and place into medium bowl. Whisk until well combined.
2. Spoon ¼ cup batter onto medium saucepan or griddle. Flip when edges start to crisp and bottom is browned. Remove from heat when fully cooked.