



BUTLER'S HEALTHY PUMPKIN PANCAKES

2 cups whole wheat flour
2 Tablespoons Brown Sugar
2 ½ teaspoons baking powder
½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon allspice
½ teaspoon ginger
¼ teaspoon ground nutmeg
2 cups nonfat milk
1 teaspoon vanilla
3 Tablespoons olive oil
1 cup canned pumpkin or fresh pumpkin pulp*

Mix all dry ingredients well and set aside. Mix all wet ingredients and combine with dry, making sure there are no clumps. Cook on medium heat until the edges look dry, then flip. These pancakes will be dense and thick- this is how they are supposed to turn out. Top with Butler's Maple Syrup or Apple Butter and enjoy!

*See Butler's Fresh Pumpkin Pulp Recipe

From the Kitchen of Mrs. Butler

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