



## **Honey Whole Wheat Pumpkin Pancakes**

1 cup whole wheat flour  
2 1/4 teaspoons baking powder  
1/2 teaspoon pumpkin pie spice  
1/4 teaspoon cinnamon  
1 egg  
1 cup milk  
1/4 cup canned pumpkin  
2 tablespoons honey

### Directions:

Combine all dry ingredients in a bowl and stir. Add egg and milk to dry ingredients and stir. Add pumpkin and honey to pancake batter and stir until fully combined. Pour batter onto a pan or griddle sprayed with cooking spray and cook on low-medium heat until sides start to bubble (about 3 minutes.) Flip pancakes and cook for an additional 1-2 minutes. Serve with syrup, chopped nuts or fresh fruit.

### Nutrition:

Per serving – 256 calories; 4 g fat; 48 g carbohydrates; 10 g protein

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