Whole Wheat Pumpkin Pancakes

Makes about 8 pancakes (serves 4)

INGREDIENTS

- 1 cup whole wheat flour
- 1–2 tablespoons sugar (optional)
- 1 tablespoon baking powder
- 1 teaspoon cinnamon
- ½ teaspoon pumpkin pie spice
- ¼ teaspoon salt
- 1 cup milk (plus more if the batter is too thick)
- ½ cup pumpkin puree
- 1 egg
- 2 tablespoons melted butter or neutral oil (plus more for cooking)
- 1 teaspoon vanilla extract

INSTRUCTIONS

1. In a large bowl, whisk together the flour, sugar, baking powder, cinnamon, pumpkin pie spice and salt.
2. In a separate bowl, whisk the milk, pumpkin puree, egg, melted butter or oil and vanilla until smooth.
3. Pour the wet ingredients into the dry ones and stir gently until just combined. A few lumps are fine. Don't overmix.
4. Let the batter rest for 5 minutes while the pan heats. If it's too thick to pour easily, stir in more milk, 1 tablespoon at a time.
5. Heat a skillet or griddle over medium-low heat and brush it lightly with butter or oil.
6. Pour about ¼ cup of batter per pancake. Cook 2–3 minutes, until bubbles form on top and the edges look set.

7. Flip and cook 1–2 minutes more, until golden and cooked through. Repeat with the rest of the batter, adding more butter or oil to the pan as needed.

NOTES

- Skip the sugar if you're topping the pancakes with maple syrup.
- Leftovers freeze well. Reheat them in the toaster.