Pumpkin Pancakes

INGREDIENTS:
- 1 c. all-purpose flour
- 1 c. whole-wheat flour
- 2 Tbsp. brown sugar
- 1 Tbsp. baking powder
- 1 ¼ tsp. pumpkin pie spice
- ½ tsp. salt
- 1 egg, lightly beaten
- ½ c. canned pumpkin
- 1 ¾ c. low-fat milk
- 2 Tbsp. vegetable oil

DIRECTIONS:

In a large bowl, combine flours, brown sugar, baking powder, pumpkin pie spice and salt.

In a medium bowl, combine egg, canned pumpkin, milk and vegetable oil, mixing well.

Add wet ingredients to flour mixture, stirring until just moist. Batter may be lumpy. (For thinner batter, add more milk.)

Lightly coat a griddle or skillet with cooking spray and heat on medium.

Using a ¼ cup measure, pour batter onto hot griddle. Cook until bubbles begin to burst, then flip pancakes and cook until golden brown, 1½ to 2½ minutes. Repeat with remaining batter. Makes about 20 pancakes.

NUTRITION:

Makes 10 servings. Each serving has 150 calories, 4 g fat, 5 g protein, 24 g carbohydrate, 2 g fiber and 85 mg sodium.