

Apple Pumpkin Pancakes

INGREDIENTS

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 3 teaspoons cinnamon
- 2 eggs
- 1.5 cups low-fat milk
- 6 tablespoons canned pumpkin
- ½ cup unsweetened applesauce
- 2 teaspoons vanilla extract
- ¼ cup honey



16 SERVINGS
25 MINUTES



Adapted from:
beautiful eats and things.com

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PROCEDURE

1. In a medium bowl, combine flour, baking powder, salt, and cinnamon.
2. Stir in eggs, milk, canned pumpkin, unsweetened applesauce, vanilla, and honey until all ingredients are combined.
3. Heat griddle on medium heat, and spray with non-stick spray. Using a $\frac{1}{3}$ measuring cup, scoop batter onto griddle and cook for about 2 minutes on each side. Flip over when surface is bubbly and edges are dry.
4. Serve immediately with maple syrup, or your favorite toppings, and enjoy!

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