



*Adding pumpkin keeps these pancakes moist and boosts the fibre, iron and vitamin A. Pumpkin is super-packed with vitamin A, a nutrient we need for healthy eyes and skin.*

*One of these pancakes, topped with natural peanut butter and sautéed (or not) apples, is the stuff that snacking dreams are made of!*

### Ingredients:

- 2 cups (500 ml) whole wheat flour
- 2 tsp (10 ml) baking powder
- 1 tsp (5 ml) baking soda
- ½ tsp (2 ml) salt
- ¼ tsp (1 ml) ground nutmeg
- 1 cup (250 ml) milk
- 1 cup (250 ml) pure pumpkin puree (not pie filling)
- ¼ cup (60 ml) plain Greek yogurt
- 2 eggs
- 2 tbsp (30 ml) canola oil
- 2 tbsp (30 ml) maple syrup
- 1 tbsp (15 ml) butter, melted (for greasing skillet)

### How To Make:

1. In a large bowl, whisk together flour, baking powder, baking soda, salt and nutmeg.
2. In another large bowl, whisk milk, pumpkin puree, yogurt, eggs, canola oil and maple syrup. Pour mixture over dry ingredients and stir until just combined but still a little lumpy.
3. Heat a large skillet on medium-high. Using a silicone brush, lightly brush melted over the skillet. Drop 1/4 cup of batter onto skillet and spread slightly with the back of a spoon. Cook until bottom is golden brown, about 2-3 minutes. Flip pancake and cook until other side is brown, about 1 to 2 minutes.
4. Serve warm with your favourite pancake toppings.