

Pumpkin Pancakes

- * $\frac{2}{3}$ cup all-purpose flour
- * $\frac{1}{3}$ cup oatmeal flour (made by grinding Quaker Oats in a blender)
- * 1 teaspoon baking powder
- * $\frac{1}{4}$ teaspoon baking soda
- * $\frac{1}{4}$ teaspoon salt
- * $\frac{1}{2}$ teaspoon cinnamon
- * $\frac{1}{2}$ teaspoon pumpkin pie spice

- * 1 egg
- * $\frac{1}{2}$ cup yogurt mixed with
- * $\frac{1}{2}$ cup milk
- * $1\frac{1}{2}$ tablespoons olive oil
- * $\frac{1}{4}$ cup canned pumpkin
- * 1 tablespoon brown sugar

1. Combine dry ingredients in a large bowl.
2. Wisk egg in a small bowl. In a measuring cup, mix yogurt with milk.
3. Preheat a skillet over medium heat. Coat pan with oil cooking spray.
4. Pour yogurt/milk mixture into bowl with eggs and mix by hand with a wooden spoon, adding oil, then pumpkin, and then brown sugar.
5. Add wet ingredients to dry ingredients and mix by hand until wet and dry are just combined. Do not over-mix. Batter will be lumpy.
4. Pour the batter in $\sim\frac{1}{4}$ cup portions into the hot pan. Pancake batter will spread a little as it heats up so leave room. If batter is too thick, add 1 oz. milk.
5. Flip the pancakes when they start to brown (bubbles may start to form on surface, but there will be fewer bubbles than when cooking conventional pancakes).