



Pumpkin Buckwheat Pancakes

strong bodies **healthy minds**

Pumpkin in our pancakes? Why not! Take advantage of pumpkin season when these large orange fruits, loaded with beta carotene, are easy to find. We used buckwheat flour in this yummy pancake because it's a rich source of flavonoids (plus it's edible for people with wheat allergies), and we added ground flaxseeds to provide omega-3 fatty acids. This delicious, vitamin-packed pancake is easy and fun to make with the whole family! Drizzled with pure maple syrup, this recipe is a fall favorite.

Ingredients:

- 1 cup pumpkin, roasted (1 medium-sized pumpkin), or canned, no sugar added
- 1 Tablespoon sunflower (or canola, walnut, safflower)
- 1 cup buckwheat flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- 3 Tablespoons brown sugar
- 2 Tablespoons ground flaxseeds
- ½ teaspoon sea salt
- 1 teaspoon ground cinnamon
- 2 large eggs
- 1½ cup low fat buttermilk
- 1 teaspoon vanilla extract

Directions:

1. Preheat oven to 375° F.
2. Cut top of pumpkin, around stem, and remove seeds and stringy insides.
3. Place pumpkin standing upright, drizzle oil inside, and place in oven until softened, for approximately 30-40 minutes.
4. Scoop out pumpkin and set aside.
5. In large bowl, mix buckwheat flour, baking powder, baking soda, brown sugar, flax, salt, and cinnamon.
6. Add eggs, buttermilk, and vanilla extract to flour mixture, and stir until moistened.
7. Add pumpkin and stir until blended.
8. Place griddle or pan over medium heat and pour about ¼ cup of pancake batter per cake onto griddle. Cook until top is bubbly, flip to other side, and cook until browned.
9. Stack pancakes and serve with your favorite fruit topping!

Makes approximately 14 servings (4 pancakes per serving).

Nutrition Facts per pancake: 80 calories; 3g fat (1g sat fat, 1g mono, 1g poly, 0g trans fats); 30mg cholesterol; 11g carbohydrate (2g fiber, 4g sugar); 3g protein; 270mg sodium; 15% Daily Value (DV) vitamin A; 2% DV vitamin C; 8% DV calcium; 10% DV iron.