

Pumpkin Pancakes with Pumpkin Maple Sauce



I give you two different recipes for pumpkin pancakes here to experiment with and a recipe for a warm pumpkin and maple syrup sauce that will make your pumpkin pancake breakfast really special and provide lots of beta-carotene. Have fun topping your pancakes with various fruits. Mandarin oranges and blueberries. Strawberries and bananas. Raspberries and blueberries. Hot Apple Compote. Diced peaches.

I suggest you read my blog for tips on [making perfect pancakes](#) and apply those tips to making these recipes. In that blog I also link to an electric griddle that I recommend cooking all your pancakes on since you can control the temperature which is key to making perfect pancakes.

With its bright orange color, the pumpkin is bursting with beta-carotene, vitamin C and also potassium. Current research shows that the anti-oxidant beta-carotene may reduce the risks of developing certain types of cancer and may offer protection against heart disease. Pumpkin seeds & pumpkin seed oil are good sources of zinc and unsaturated fatty acids.

Botanically speaking, a pumpkin is a squash and is native to the Americas dating as far back as the Indians in the 1500's. Pumpkins have become a symbol of American tradition at both Halloween & Thanksgiving thanks to the first colonial settlers. Pumpkins can be served as a boiled or baked vegetable and a filling for pies, custards or cornbread. Pumpkin seeds can be roasted for healthy snacking!

| Pumpkin Nutrition Facts | |
|---|--------------------------|
| (1 cup cooked, boiled, drained, without salt) | |
| Calories 49 | |
| Protein 2 grams | |
| Carbohydrate 12 grams | |
| Dietary Fiber 3 grams | |
| Calcium 37 mg | Zinc 1 mg |
| Iron 1.4 mg | Selenium .50 mg |
| Magnesium 22 mg | Vitamin C 12 mg |
| Potassium 564 mg | Niacin 1 mg |
| | Folate 21 mcg |
| | Vitamin A 2650 IU |
| | Vitamin E 3 mg |

Pumpkin Maple Sauce

Top your favorite pancakes with Pumpkin Maple Sauce. It is

wonderful and has lots of beta-carotene.

Heat 1 cup maple syrup, 1 1/4 cups LIBBY'S 100% Pure Pumpkin and 1/4 teaspoon ground cinnamon or pumpkin pie spice in small saucepan until warm.

SPICED PUMPKIN PANCAKES

The perfect breakfast for a cool Fall Sunday morning.

1 1/4 cups all purpose flour
3 tablespoons sugar
2 teaspoons baking powder
1 1/4 teaspoons pumpkin pie spice
3/4 teaspoon salt
1 1/3 cups milk
3/4 cup canned pure pumpkin
4 large eggs, separated, discard 2 yolks
3 Tbs unsalted butter, melted
1 teaspoon vanilla extract

Canola oil

Maple syrup

Whisk first 5 ingredients in large bowl to blend. Whisk milk, pumpkin, 2 egg yolks, melted butter and vanilla in medium bowl to blend well. Add pumpkin mixture to dry ingredients; whisk just until smooth (batter will be thick). Using an electric mixer beat egg whites in another medium bowl until stiff but not dry. Fold whites into batter in 2 additions. Brush large nonstick skillet or griddle lightly with oil; heat over medium heat. Working in batches, pour batter by 1/3 cupfuls into skillet. Cook until bubbles form on surface of pancakes and bottoms are brown, about 1 1/2 minutes per side. Repeat with remaining batter, brushing skillet lightly with oil between batches. Serve with syrup. Makes about 12

[Spiced Pumpkin Pancakes](#) Bon Appétit | November 2000

Yield: Makes about 12

1 1/4 cups unbleached all-purpose flour

3 tablespoons sugar

2 teaspoons baking powder

1 1/4 teaspoons pumpkin pie spice

3/4 teaspoon salt

1 1/3 cups whole milk

3/4 cup canned pure pumpkin

4 large eggs, separated

1/4 cup (1/2 stick) unsalted butter, melted

1 teaspoon vanilla extract

Whisk first 5 ingredients in large bowl to blend. Whisk milk, pumpkin, egg yolks, melted butter and vanilla in medium bowl to blend well. Add pumpkin mixture to dry ingredients; whisk just until smooth (batter will be thick). Using electric mixer, beat egg whites in another medium bowl until stiff but not dry. Fold whites into batter in 2 additions. Brush large nonstick skillet with oil; heat over medium heat. Working in batches, pour batter by 1/3 cupfuls into skillet. Cook until bubbles form on surface of pancakes and bottoms are brown, about 1 1/2 minutes per side. Repeat with remaining batter, brushing skillet with oil between batches. Serve with syrup