

NYBG

EDIBLE ACADEMY
HONEY & HARVEST WEEKEND



PUMPKIN PANCAKES

Prepared by George Edwards, Garden-to-Café
Recipe courtesy of New School Cuisine, Nutritious and
Seasonal Recipes for School Cooks by School Cooks
Yield: 10 pancakes

Ingredients

- 5 ounce whole wheat flour
- 3½ ounce all-purpose flour
- ¾ ounce brown sugar
- ½ ounce baking powder
- 2 teaspoon salt
- 3½ non-fat cottage cheese
- 8/5 ounce non-fat milk
- 2 large eggs
- 5 ounce pumpkin puree
- 1 tablespoon ground cinnamon
- ½ tablespoon ground ginger
- ½ teaspoon ground nutmeg
- 1½ ounce oil, to taste (canola oil works as well)

Instructions

Whisk together whole wheat flour, all-purpose flour, brown sugar, baking powder, and salt in a large mixing bowl.

Using a food processor fitted with a steel blade, blend cottage cheese until smooth. Transfer to a large bowl. Add milk, eggs, pumpkin cinnamon, ginger and nutmeg; whisk all together until combined.

Mix wet ingredients into the dry ingredients, stirring thoroughly to blend.

Heat griddle to medium high. Brush griddle with oil. Using a 3oz scoop or a ladle, pour batter onto the griddle. Cook for 3–5 minutes until bubbles form. Turn and cook until browned on the other side for another 3 minutes.

Repeat with the remaining batter and oil.