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.