



Gingerbread Pancakes

Ingredients

- 1/2 cup whole wheat flour
- 1/2 cup all purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 2 teaspoons pumpkin pie spice
- 1 egg
- 2 Tablespoons molasses
- 1 Tablespoon vegetable oil
- 1 cup low-fat buttermilk

Pumpkin Pie Spice

- 1/2 teaspoon cinnamon
- 1/2 teaspoon dry ginger
- 1/8 teaspoon cloves or nutmeg

Nutrition Facts

Serving size: 2 pancakes
 Servings per container: 4

Calories.....	200
Fat.....	6g
Saturated fat.....	1.5g
Cholesterol.....	45mg
Sodium.....	530mg
Carbohydrate.....	33g
Fiber.....	2g
Protein.....	7g
Calcium.....	10%
Iron.....	10%
Vitamin C.....	2%

Recipe provided by:
 Food Hero, Oregon
 State University
 Extension,
foodhero.org

Directions

 Wash hands and all food preparation surfaces.

1. Mix dry ingredients in a bowl
2. In another bowl, beat egg. Stir in molasses, oil and buttermilk.
3. Pour milk mixture into dry ingredients; stir together lightly.
4. Lightly spray a large skillet or griddle with non-stick cooking spray or lightly wipe with oil. Heat skillet or griddle over medium-high heat (350 degrees F in an electric skillet). For each pancake, pour about 1/4 cup of batter onto the hot griddle.
5. Cook until the pancakes are puffed and dry around edges. Flip and cook other side until golden brown.
6. Refrigerate leftovers within 2 hours.

MSU Extension programming has something to offer every member of your family

Michigan State University Extension helps people improve their lives by bringing the vast knowledge and resources of MSU directly to individuals, communities and businesses.

To help you be healthy at every stage of life, MSU Extension delivers affordable, relevant, evidence-based education to serve the needs of adults, youth and families in urban and rural communities. Programs focus on helping you gain the skills you need to buy and prepare nutritious, budget-friendly foods, increase your physical activity and stretch your food dollars.

MSU Extension's children and youth programs address needs and issues from birth through age 19, providing parents with educational resources related to your child's development and giving youth the opportunity through 4-H programs to build leadership and teach practical life skills.

For more information or to join a class, contact us at:

Michigan State University Extension Macomb County
6021885 Dunham Rd., Suite 12
Clinton Township, MI 48036
586-469-6440

MSU is an affirmative-action, equal-opportunity employer. Michigan State University Extension programs and materials are open to all without regard to race, color, national origin, gender, gender identity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family status or veteran status.

This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP