



ShopRite



KIDZ COOK

Recipe of the Week!

TAKE ONE HOME AND TRY IT YOURSELF!

Pumpkin Pancakes

Ingredients

- 1 ½ cups oat flour
- ½ cup whole wheat flour or gluten-free flour
- ¼ cup cornstarch
- 2 tsp baking powder
- ½ tsp kosher salt
- 2 tsp cinnamon
- 1 tsp ground ginger
- ¼ tsp ground cloves
- 2 eggs
- 2 ½ tbsp maple syrup
- ½ cup pumpkin puree
- 1 cup milk (or non-dairy milk)
- 2 tbsp melted butter

Directions

1. In a medium bowl, combine the dry ingredients: oat flour, gluten-free or whole-wheat flour, cornstarch, baking powder, kosher salt, cinnamon, ginger, and ground cloves.
2. In another medium bowl, whisk together the eggs, maple syrup, pumpkin puree, and milk. Pour into the dry ingredients, then add the melted butter and stir to combine. The batter should be thick but just pourable. If not pourable, add a small bit of milk to lighten the batter and stir again.
3. Lightly grease a skillet with butter and wipe off any extra grease with a paper towel. Heat the skillet to medium heat. Pour the batter into small circles and fry the pancakes until the bubbles pop on the top. Then flip and heat until cooked through and lightly browned.
4. Serve the pancakes with maple syrup and other toppings of your choice (maple-sweetened Greek yogurt, chopped pecans, and so forth).

Enjoy!

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