



Pumpkin Pancakes

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 2 pancakes

Amount per Serving	
Calories	240 kcal
Protein	8.34 g
Carbohydrate	28.68 g
Total Fat	10.84 g
Saturated Fat	2.04 g
Cholesterol	61.38 g
Vitamin A	4673.42 IU
Vitamin C	1.26 mg
Iron	1.82 mg
Calcium	104.96 mg
Sodium	819.80 mg
Dietary Fiber	3.14 g

EQUIVALENTS: 2 pancakes provide 1.5 oz equiv WGR grain and .75 oz equiv meat/meat alternate.

Recipe HACCP Process: #2 Same Day Service

“Principals reported a decrease in stomach aches, headaches, and even behavioral problems when the students are consuming a healthy school breakfast.”

— BROOKE GANNON

Pumpkin Pancakes • 50 servings (2 pancakes)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Whole wheat flour		1½ quart	<p>1 Whisk together whole-wheat flour, all-purpose flour, brown sugar, baking powder and salt in a large mixing bowl.</p>	
Enriched all-purpose flour		1 quart		
Brown sugar		1 cup (lightly packed)		
Baking powder		⅔ cup		
Kosher salt		2 Tblsp + 2 tsp		
Nonfat cottage cheese		1 quart	<p>2 Blend cottage cheese in food processor fitted with a steel blade until smooth. Transfer to a large bowl. Add milk, eggs, pumpkin, cinnamon, ginger and nutmeg; whisk until combined.</p>	
Nonfat milk		2 quarts + 2⅔ cups		
Eggs		16 large		
Pumpkin purée		1½ quarts		
Ground cinnamon		2 Tblsp + 2 tsp		
Ground ginger		1 Tblsp + 1 tsp		
Ground nutmeg		4 tsp	<p>3 Mix the wet ingredients into the dry ingredients, stirring thoroughly to blend.</p>	
Vegetable oil		2 cups		<p>4 Heat griddle to medium-high. Brush the griddle with some oil. Using a 3-oz scoop, pour batter onto the griddle. Cook until bubbles form on top, 3 to 5 minutes. Turn and cook until browned on the other side, about 3 minutes more. Repeat with remaining batter and oil.</p>

