



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 | 1 Whisk together whole-wheat flour, all-purpose flour, brown sugar, baking powder and salt in a large mixing bowl. | |
| 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 | 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. | |
| 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 | | |
| | | | 3 Mix the wet ingredients into the dry ingredients, stirring thoroughly to blend. | |
| Vegetable oil | | 2 cups | 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. |  |