

# CHOCOLATE MILK PUMPKIN PANCAKES



got milk?<sup>®</sup>



# CHOCOLATE PUMPKIN PANCAKES

MAKES 12 SERVINGS (1 medium-sized pancake each)

## INGREDIENTS

1 cup pumpkin puree  
1 large egg  
2 tablespoons melted butter, unsalted  
2 cups all-purpose flour  
3 tablespoons sugar  
2 teaspoons baking powder  
1 teaspoon baking soda  
2 tablespoons unsweetened cocoa powder  
1 teaspoon cinnamon  
1/2 teaspoon ground ginger  
2 cups real chocolate milk  
Syrup, if desired  
Whipped cream, if desired

## DIRECTIONS

1. Whisk pumpkin puree, egg, and melted butter
2. In a smaller bowl, whisk flour, baking powder, baking soda, cocoa powder, and spices.
3. Mix dry and wet ingredients, add the chocolate milk and stir until combined.
4. Grease a griddle over medium-low heat.
5. Add 1/3 cup of batter. Cook for 2-3 minutes and flip
6. Top with syrup or whipped cream, and pair with a glass of real milk



**Nutrition:** 250 calories; 6 g fat; 3.5 g saturated fat; 30 mg cholesterol; 12 g protein; 39 g carbohydrates; 2 g fiber; 330 mg sodium; 406 mg calcium. Nutrition figures based on using lowfat chocolate milk, and include an 8-ounce glass of lowfat classic milk.