



# Oatmeal Pumpkin Pancakes

Servings: 0

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## Ingredients

- 1 c white whole wheat flour
- 1/2 c oatmeal (old fashioned)
- 1 1/2 tsp baking powder
- 1 tsp cinnamon
- Pinch ground nutmeg
- Pinch ground ginger
- Pinch salt
- 1/2 c sweetener or sugar (12 Splenda packets)
- 2/3 c canned pumpkin puree (NOT pumpkin pie filling)
- 2 eggs
- 2 TBSP canola oil
- 3/4 c milk

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## Directions

1. Heat a large frying pan over medium heat
2. In a large mixing bowl, whisk together the flour, oatmeal, baking powder, spices and Splenda or sugar. Add the remaining ingredients and stir until combined.
3. Spray the pan well with pam or use a small amount of oil. When the pan is hot enough, spoon 1-2 TBSP of the batter onto the pan and spread it slightly into a circle.
4. When pancakes are set on top, flip it and fry for a couple of minutes until both sides are golden brown.
5. To freeze I put them on a cookie sheet and put them in the freezer to harden up. Then I put them in a Ziploc bag.

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