

# Whole Wheat Pumpkin Pancakes

Author: Cookie and Kate Prep Time: 10 mins Cook Time: 15 mins Total Time: 25 minutes

Yield: 2 servings  1x Category: Breakfast Method: Stovetop Cuisine: American

★★★★★ 4.9 from 108 reviews

These healthy pumpkin pancakes are so fluffy, you won't believe they're 100% whole grain. This pumpkin pancake recipe is sure to become your favorite. It's naturally sweetened with maple syrup, too! Recipe yields 6 to 8 medium pancakes, enough to serve two to three people. Double the recipe for a larger crowd, or if you would like leftovers.



SCALE  1x  2x  3x

## INGREDIENTS

- 1 cup [white whole wheat flour](#) or regular whole wheat flour
- 1 tablespoon baking powder
- 1/2 teaspoon cinnamon (for stronger pumpkin “spice” flavor, use 1 teaspoon or substitute 1 teaspoon pumpkin spice blend)
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt
- 1 cup milk of choice
- 1/3 cup pumpkin purée
- 1 egg
- 2 tablespoons maple syrup or brown sugar
- 1/2 teaspoon vanilla extract
- 2 tablespoons melted butter or coconut oil

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## INSTRUCTIONS

1. If you'll be using an electric skillet, preheat it to 350 degrees Fahrenheit. In a medium mixing bowl, combine the flour, baking powder, cinnamon, nutmeg and salt. Stir until blended.
2. In a separate bowl, combine the milk, pumpkin purée, egg, maple syrup, vanilla extract and melted butter. Whisk until thoroughly blended. Pour the wet ingredients into the dry, and stir until no big lumps remain. (If your butter or oil solidifies on contact with cold ingredients, just warm the mixture in the microwave for 15 to 30 seconds until it melts again, or let the mixture rest for a few minutes in a warm place).
3. If you're not using an electric griddle, heat a heavy cast iron skillet or nonstick griddle over medium-low heat. You're ready to start cooking your pancakes once the surface of the pan is hot enough that a drop of water sizzles on contact.
4. If necessary, lightly oil the cooking surface with additional oil or cooking spray (I don't oil the surface of my non-stick griddle and my pancakes turned out great).
5. Using a 1/3-cup measure, scoop the batter onto the warm skillet. Cook for 2 to 3 minutes, until small bubbles form on the surface of the pancakes. It's ready to flip when about 1/2-inch of the perimeter is matte instead of glossy. Flip each pancake and cook on the opposite sides for 1 to 2 minutes, or until lightly golden brown.
6. Repeat the process with the remaining batter, greasing the skillet as needed. If necessary, dial the heat down to prevent burning the pancakes. Serve the pancakes immediately, or stack them and cover the plate with a tea towel to keep them warm.

## NOTES

*Recipe adapted from [Big Girls, Small Kitchen](#).*

**Leftover pancakes?** Pancakes make great leftovers! Store them in the refrigerator for up to 5 days, or freeze them for months. To warm, wrap a short stack of pancakes loosely in a paper towel and gently reheat in the microwave until warmed through, flipping and re-wrapping the stack halfway through.

**Make it vegan:** Use non-dairy milk (like almond milk), omit the egg and replace the butter with coconut oil.

**Make it dairy free:** Use non-dairy milk and replace the butter with coconut oil.

**Make it egg free:** Just omit the egg (really).

**Flour options:** All-purpose flour should also work fine here.

**Make it gluten-free:** Bob's Red Mill's gluten-free all-purpose flour will work well here. Or, check out my [pumpkin oat pancakes!](#)

## ► NUTRITION INFORMATION

The information shown is an estimate provided by an online nutrition calculator. It should not be considered a substitute for a professional nutritionist's advice. See our [full nutrition disclosure here](#).

<b>Nutrition Facts</b>	
Serving Size 1/4 of batch (about 2 small pancakes)	
Serves 4	
<b>Amount Per Serving</b>	
<b>Calories</b>	252
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4.3g	
Trans Fat 0g	
Polyunsaturated Fat 0.8g	
Monounsaturated Fat 2.2g	<b>0%</b>
<b>Cholesterol</b> 63mg	<b>21%</b>
<b>Sodium</b> 204mg	<b>9%</b>
<b>Total Carbohydrate</b> 41.7g	<b>15%</b>
Dietary Fiber 5.4g <b>19%</b>	
Sugars 11.4g	
<b>Protein</b> 8.4g	<b>17%</b>
Vitamin A 61%	Vitamin C 3%
Calcium 44%	Iron 17%
Vitamin D 3%	Magnesium 16%
Potassium 31%	Zinc 14%
Phosphorus 75%	Thiamin (B1) 17%
Riboflavin (B2) 29%	Niacin (B3) 11%
Vitamin B6 12%	Folic Acid (B9) 7%
Vitamin B12 18%	Vitamin E 8%
Vitamin K 14%	

***Did you make this recipe?***

Please let me know how it turned out for you! Leave a comment below and share a picture on [Instagram](#) with the hashtag [#cookieandkate](#).

*Recipe from Cookie and Kate:* <https://cookieandkate.com/pumpkin-pancakes-recipe/>