

Pumpkin Pancakes

Pumpkin is a rich source of the antioxidant, beta-carotene. Beta-carotene is converted to vitamin A in the body. In the conversion to vitamin A, beta carotene performs many important functions in overall health. Research indicates that a diet high in foods containing beta-carotene may reduce the risk of developing certain types of cancer and help protect against heart disease. The carotenoids, lutein and zeaxanthin, in pumpkin may even help prevent the formation of cataracts.

The simple recipe below is perfect for involving your children in the kitchen. They can measure and mix the ingredients for the pumpkin pancakes so the whole family can enjoy a nutritious breakfast together.

2 cups Krusteaz Wheat and Honey Pancake Mix

2 tablespoons brown sugar

1 1/2 teaspoons pumpkin pie spice

1 1/4 cups cold water

1/2 cup canned pumpkin (may also substitute any cooked and pureed winter squash)

Instructions

- In medium bowl, stir together pancake mix, brown sugar and pumpkin pie spice.
- Add water and canned pumpkin.
- Stir with a whisk until blended.
- Pour slightly less than 1/4 cup batter per pancake onto lightly greased and preheated 375°F griddle (medium heat).
- Cook 1 1/2 minutes per side, turning only once. Serve with warm applesauce.

