



Test Kitchen Tuesday

Try it. You might like it.

Pumpkin Apple Protein Pancakes

From: [Test Kitchen Tuesday](#)

Time Required: 15-20 minutes

Makes: 4 servings

Ingredients:

- 1 $\frac{3}{4}$ cup skim milk
- 1 cup pumpkin puree (not pie filling)
- 1 egg
- 2 tablespoons applesauce
- 1 cup unbleached white flour
- $\frac{1}{2}$ cup whole wheat flour
- $\frac{1}{2}$ cup rolled oats
- 2 scoops plain or vanilla protein powder (I used Designer Whey vanilla)
- 3 tablespoons brown sugar
- 3 teaspoons baking powder
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon ginger
- $\frac{1}{4}$ teaspoon nutmeg



Method:

For the pancakes:

- Mix milk, pumpkin, egg, and applesauce in a medium bowl and set aside
- Blend all remaining dry ingredients in a large bowl, and fold wet ingredients into dry – do not over-mix
- Preheat a non-stick griddle to medium heat
- Spoon pancakes onto griddle in $\frac{1}{3}$ cup portions, and cook until the batter stops bubbling (about 2 minutes) and flip
- Cook the reverse side for about a minute, and flip onto a plate, covering with a clean dishtowel to keep warm

For the topping:

I usually make this individually because I am the only one that eats pancakes at our house. If you are serving all five servings at once, you could make this in a pot on the stove as well. Just bring the ingredients to a simmer for about 5 minutes...

- Chop one apple per serving (I prefer Fuji or Braeburn) and place in a microwave-safe dish



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- Add 1 tablespoon of water per serving, a dash of cinnamon, and a drizzle of honey (about ¼ teaspoon per apple)
- Microwave for 4-5 minutes , checking at about the 3 minute mark
- Be careful when removing bowl from the microwave – it will be really hot!
- Drain any excess water in a sieve and serve on top of pancakes

Nutrition:

Pancakes:

Nutrition Facts	
Serving Size 268 g	
Amount Per Serving	
Calories 363	Calories from Fat 30
% Daily Value*	
Total Fat 3.3g	5%
Saturated Fat 1.2g	6%
Trans Fat 0.0g	
Cholesterol 59mg	20%
Sodium 399mg	17%
Total Carbohydrates 64.5g	22%
Dietary Fiber 5.1g	20%
Sugars 15.7g	
Protein 20.7g	
Vitamin A 196%	Vitamin C 5%
Calcium 39%	Iron 24%
Nutrition Grade A	
* Based on a 2000 calorie diet	

Apples:

Nutrition Facts	
Serving Size 184 g	
Amount Per Serving	
Calories 101	Calories from Fat 3
% Daily Value*	
Total Fat 0.3g	0%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrates 26.8g	9%
Dietary Fiber 4.5g	18%
Sugars 20.4g	
Protein 0.5g	
Vitamin A 2%	Vitamin C 14%
Calcium 1%	Iron 1%
Nutrition Grade A	
* Based on a 2000 calorie diet	