

Whole Grain Pumpkin Pancakes

- 1 C. whole wheat flour
 - 1/2 C. cake flour or freshly ground soft white wheat
 - 1 t. baking soda
 - 2 t. baking powder
 - 1/4 t. salt
 - 1 t. ground cinnamon
 - 1/2 t. ground ginger
 - 1/2 t. ground nutmeg
 - 1 C. buttermilk
 - 1 C. canned pumpkin puree
 - 2 eggs
 - 2 T. oil
 - 1 t. vanilla
 - 2 T. dark brown sugar
1. In a large bowl, whisk together the first eight ingredients (whole wheat flour through nutmeg). Can add chopped nuts and or raisins to this dry mix
 2. In a separate bowl, whisk together the last six ingredients (buttermilk through brown sugar).
 3. Pour dry ingredients into wet ingredients and blend together until just combined. Lumps are ok, just make sure all the flour is mixed in. If batter seems too thick to pour, you can gently stir in a little more buttermilk.

