



Pumpkin Pancakes with Cinnamon Butter and Warm Apple Topping

serves 6

presented by McKenzie Ziegler, RDN, CDN, LDN

McKenzieZieglerNutrition

Warm Apple Topping

- 6 apples (granny smith, Braeburn, honeycrisp, golden delicious) cored, and diced
- 1 Tbsp butter
- 2 Tbsp brown sugar
- $\frac{1}{2}$ tsp cinnamon
- Pinch salt

Add all ingredients to a medium sauce pan. Cook over medium heat until apples are softened, about 3-5 minutes, stirring occasionally.

Meanwhile - make Cinnamon Butter

- 1 stick butter, softened
- $\frac{1}{4}$ cup honey
- $1\frac{1}{2}$ Tbsp cinnamon
- Pinch salt

Mix all ingredients until blended well. Serve immediately or wrap tightly in plastic and refrigerate.

(continued on other side)



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For Pancakes

- 1 $\frac{1}{2}$ cups milk
- 1 cup pumpkin puree (canned or roasted fresh)
- 1 large egg
- 2 Tbsp vegetable oil
- 2 Tbsp vinegar
- 2 cups all-purpose flour
- 3 Tbsp brown sugar
- 2 tsp baking powder
- 1 tsp baking soda
- $2\frac{1}{2}$ tsp pumpkin pie spice
- $\frac{1}{2}$ tsp salt

In a large mixing bowl, combine wet ingredients (milk through vinegar).

In another mixing bowl, combine dry ingredients (flour through salt.)

Add dry ingredients to wet ingredients and mix until just combined.

Spray a skillet with cooking spray and heat over medium heat. Pour $\frac{1}{4}$ cup of batter onto the skillet. Cook until small bubbles appear and edges look dry, about two minutes.

Flip and cook until golden brown, about two more minutes. Repeat with remaining batter.

Serve pancakes with cinnamon butter and warm apple sauce on top.