

# Pumpkin Pancakes

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Agents of Field

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## PUMPKIN PANCAKES

Prep & Cooking Time: 45 mins Makes: 8-10 pancakes

*I often have a bowl of pumpkin puree in the fridge as it's so handy for spooning into things, from soups and stews to bread and cakes mixes. All you have to do is dice some pumpkin, pop it in a bowl, cover, and microwave for 2-3 minutes. There's no need to add water as pumpkin has such a high water content, it steams itself. Leave it to stand, covered, in the microwave for a further 5 minutes or so. Repeat the first two steps. Keep repeating until the pumpkin is soft (about 20 mins). Once cooled, mash it well with a fork, pop it into an airtight container and into the fridge where it should last up to a week.*

### Ingredients

150g flour  
15g sugar  
3/4 tbsp baking powder  
1/4 tsp bicarbonate of soda  
pinch of salt  
1 tsp cinnamon  
1/2 tsp grated nutmeg  
1 egg  
200 ml milk  
100g pumpkin puree  
1 tbsp melted butter  
1/2 tsp vanilla extract

### Method

Mix together the dry ingredients in a bowl: flour, sugar, baking powder, bicarb, salt, cinnamon and nutmeg.

In a separate bowl, whisk together the egg, milk, pumpkin, butter, and vanilla extract.

Add the egg mixture to the dry ingredients and mix well.

Heat a little butter in a pan. Use a small ladle to drop the batter into the hot pan, cooking the pancakes for a minute or so on each side until golden brown. Keep warm on a plate in the oven as you go.

Serve with maple syrup, honey, yoghurt, chopped nuts, fruit, berries... whatever takes your fancy!