

Spiced Pumpkin Oat Pancakes

A SELF-PROCLAIMED BREAKFAST GURU, CELEBRITY CHEF MARK BAILEY RELEASED HIS BREAKFAST-IN-BED COOKBOOK, 'COOKING IN BOXERS: 50 WAYS TO KEEP YOUR MATE IN BED,' WHICH FEATURES HIS TOP 50 BREAKFAST RECIPES TO SERVE WITH LOVE, INCLUDING THESE PUMPKIN PANCAKES, A TASTY AND EASY WAY TO CELEBRATE THE FLAVORS OF THE SEASON. THESE PANCAKES ARE NOT ONLY LIGHT AND FLUFFY, THEY PACK EXTRA FIBER WITH THE ADDITION OF OATS.

INGREDIENTS

- 1 cup flour
- 1 Tbsp and 1 tsp baking powder
- 3 Tbsp sugar
- 1/2 tsp salt
- 1/2 tsp ground ginger
- 1/2 tsp ground nutmeg
- 1 tsp ground allspice
- 1/2 tsp ground cinnamon
- 3/4 cup quick oats
- 1 1/4 cup milk
- 1/2 cup pumpkin puree
- 3 Tbsp butter, separated
- 1/4 tsp vanilla extract
- 1 egg
- 1/4 cup pecans, crushed (optional)
- 2 Tbsp fresh whipped cream



DIRECTIONS

In a large bowl combine flour, oats, sugar, baking powder, salt, ginger, allspice, nutmeg and cinnamon. Mix well and set aside.

Melt 2 tablespoons of butter. In separate medium bowl combine milk, egg, pumpkin puree, extract and melted butter. Mix well.

Transfer liquid mixture to dry mixture and stir into batter. Transfer batter to a large measuring cup for easy pouring.

Heat stove top griddle (or grill with flat surface facing up) over medium low heat. Add butter to skillet and allow to melt. Be sure to grease entire pan surface with butter.

Pour a small amount of batter onto grill to form medium size pancake. Repeat with remaining batter. Cook pancakes for 2-3 minutes on each side or until golden brown. Only flip pancakes once and do not flatten with spatula.

Serve pancakes warm with dollop of whipped cream and syrup. Garnish with pecans.