



Pumpkin Pancakes with Black Cinnamon Syrup

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



88 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 tsp allspice
- ☐ 0.5 tsp double-acting baking powder
- ☐ 0.5 tsp baking soda
- ☐ 0.5 brown sugar
- ☐ 4 TBSP butter melted
- ☐ 1.3 cups buttermilk
- ☐ 5 TBSP pumpkin puree canned

- ☐ 2 teaspoons cinnamon
- ☐ 2 eggs
- ☐ 2 Tablespoons flour all-purpose
- ☐ 16 servings decorating gel black
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup granulated sugar white
- ☐ 3 drops purple gel food coloring
- ☐ 0.3 tsp salt
- ☐ 1 teaspoon vanilla
- ☐ 1 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ hand mixer

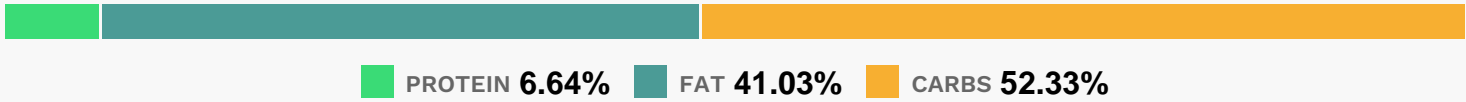
Directions

- ☐ Preheat a skillet over medium heat. Coat pan with no stick spray.
- ☐ Combine eggs, buttermilk, butter, pumpkin, sugar, and salt in a large bowl. Use an electric mixer to blend ingredients.
- ☐ Add dry ingredients to wet ingredients and blend with mixer until smooth.
- ☐ Add just a few drops of gel food coloring until you get a nice orange (it doesn't take much).
- ☐ Pour or scoop the batter onto hot skillet, using approximately 1/4 cup for each pancake. When the batter stops bubbling and edges begin to harden, flip the pancakes. They should be golden brown. This will take from 1 to 2 minutes. Flip the pancakes and cook other side for the same amount of time, until golden brown. In a saucepan combine all ingredients except for the food coloring gel. Bring to a boil, stirring continuously. As it starts to heat, add in a little of the black food coloring and mix in, add more until it's as dark as can be (it doesn't take much).

Allow it to boil for a few moments until the mixture has thickened.

☐ Remove from heat and allow to cool enough to put into a Squeeze Bottle.

Nutrition Facts



Properties

Glycemic Index:25.51, Glycemic Load:7.39, Inflammation Score:-5, Nutrition Score:2.4613043614056%

Nutrients (% of daily need)

Calories: 87.65kcal (4.38%), Fat: 4.08g (6.28%), Saturated Fat: 2.36g (14.77%), Carbohydrates: 11.71g (3.9%), Net Carbohydrates: 11.41g (4.15%), Sugar: 10.52g (11.69%), Cholesterol: 30.16mg (10.05%), Sodium: 142.39mg (6.19%), Alcohol: 0.09g (100%), Alcohol %: 0.18% (100%), Protein: 1.49g (2.97%), Vitamin A: 879.77IU (17.6%), Selenium: 2.82µg (4.03%), Vitamin B2: 0.07mg (3.99%), Calcium: 38.62mg (3.86%), Phosphorus: 33.69mg (3.37%), Manganese: 0.06mg (3.06%), Vitamin D: 0.35µg (2.36%), Vitamin B12: 0.14µg (2.35%), Vitamin B5: 0.18mg (1.83%), Folate: 5.93µg (1.48%), Iron: 0.26mg (1.42%), Vitamin E: 0.21mg (1.4%), Potassium: 46.44mg (1.33%), Vitamin B1: 0.02mg (1.32%), Fiber: 0.3g (1.2%), Zinc: 0.17mg (1.12%), Vitamin K: 1.15µg (1.1%), Magnesium: 4.3mg (1.08%)