Pumpkin Pancakes- Yield 12

Ingredients

* 1 1/2 cups milk
* 1 cup pumpkin puree
* 1 egg
* 2 tablespoons vegetable oil
* 2 tablespoons vinegar
* 2 cups all-purpose flour
* 3 tablespoons brown sugar
* 2 teaspoons baking powder
* 1 teaspoon baking soda
* 1 teaspoon ground allspice
* 1 teaspoon ground cinnamon
* 1/2 teaspoon ground ginger
* 1/2 teaspoon salt

Directions

1. In a bowl, mix together the milk, pumpkin, egg, oil and vinegar.
2. Combine the flour, brown sugar, baking powder, baking soda, allspice, cinnamon, ginger and salt in a separate bowl. Stir into the pumpkin mixture just enough to combine.
3. Heat a lightly oiled griddle or frying pan over medium high heat.
4. Scoop ¼ cup dry measuring cup of batter at a time, and pour onto the griddle.
5. Brown on both sides and serve hot with butter, or syrup.



**Pumpkins and Health**

***Nutritional Composition of Pumpkins***

**High Carotenoids Content** – Pumpkins owe their bright Orange color to the high amount of carotenoids present in them. Carotenoids assist in staving off the free radicals in the body, and help in preventing premature aging, cardiovascular diseases and other infections. They are also high in Lutein & Zeaxanthin which protect the eyes against free radical damage and prevent formation of cataracts and degeneration of the eye tissues.

**Protein** – Pumpkin seeds also known as Pepitas are a rich source of protein. One ounce of pumpkin seeds contains approx. 7 grams of protein. Their oil is high in phytosterols or plant-based fatty acids and their chemical composition is the same as cholesterol. Phytosterols can replace cholesterol in the body, and help in reducing the blood cholesterol levels.

**Essential Fatty Acids** – Pumpkin seeds are a rich source of essential fatty acids, which have numerous health benefits. From providing protection against serious health diseases such as high blood pressure, arthritis and cancer to promoting healthy skin and improving brain power, essential fatty acids present in pumpkin oil offer several health benefits.

**Vitamin A** – Pumpkin is a rich source of Vitamin A. Regular consumption of pumpkin (both seeds and flesh) can promote the health of your eyes and boost your immune system remarkably.

**Vitamin C -** Vitamin C helps fight free radicals, improves immunity and promotes the production of collagen. The high Vitamin C content in pumpkins also offers protection against various forms of cancer.

**Magnesium**- Both the pulp and seeds of pumpkin are rich in magnesium, which is an important mineral required for various biological functions. Magnesium is also required for the maintenance bones and teeth.

**Potassium & Zinc** – Pumpkin is loaded with potassium and Zinc. Studies show that eating a potassium-rich diet can prevent onset of cardiovascular diseases and hypertension. Zinc is important for providing bone density support for people at risk for osteoporosis. It boosts the immune system and promotes reproductive health.

**Fiber –**Pumpkin flesh is very low in calories and contains abundant quantities of extremely good dietary fiber. It is extremely effective for treating gastrointestinal disorders such as [constipation](http://www.bewellbuzz.com/podcast/how-to-poop/), [indigestion](http://www.bewellbuzz.com/wellness-buzz/peppermint-oil-proven-resolve-of-upset-stomachs/) etc. The high amount of fiber also helps in lowering the LDL (bad) cholesterol levels in the blood and in regulating the blood sugar levels.

