## **Pumpkin Pancakes**

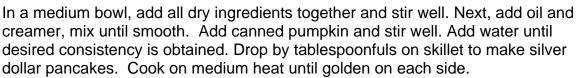
By Colene Anderson

Adapted from Old Fashioned Pancakes, in Low Protein Cookery for PKU

- 9 Tablespoons wheat starch
- 6 Tablespoons Wel-Plan or Loprofin baking mix
- 3 Tablespoons cake flour
- 1 ½ teaspoon baking powder
- ¼ teaspoon salt
- 1 -1½ teaspoon pumpkin pie spice
- ½ teaspoon nutmeg, if desired
- 1/4 cup granulated sugar
- 1/4 cup light brown sugar
- 6 teaspoons vegetable oil
- 9 Tablespoons Carnation Liquid Coffeemate, Fat Free French Vanilla
- ½ cup canned pumpkin

water

non-stick skillet with margarine for frying



Yield: about 44 silver dollar pancakes

Per recipe: 147 mg phe Per pancake: 3 mg phe

<u>Storage</u>: Freeze in airtight container. To reheat, microwave on high for 7-8 seconds.

