

## Kid Friendly Recipe for November...

### Pumpkin Pancakes- Serves 4

- 1 cup flour
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1 tablespoon sugar
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- Pinch salt
- ¼ cup canned pumpkin
- 1 egg
- ¾ cup milk
- ½ cup water
- 1 tablespoon apple cider vinegar



#### **Directions:**

1. Mix the dry ingredients together in a bowl
2. Add pumpkin, milk, water, and vinegar and mix until combined.
3. Warm a non-stick skillet over medium heat with a small amount of oil. Ladle on ¼ cup batter and cook until pancakes are bubbly and dry around the edges. Flip and cook a few more minutes until both sides are golden brown. Enjoy!

*Recipe courtesy of Chef Brian Axworthy*

---

## Adult Friendly Recipe for November...

### Pumpkin Apple Muffins

- 2 cups whole wheat flour
- ¾ cup sugar
- 1 tablespoon pumpkin pie spice
- 1 teaspoon each baking soda and baking powder
- 2 large eggs
- 1 can (15 oz) pumpkin puree
- ½ cup canola oil
- 1 cup chopped apples

#### **Directions:**

1. Preheat oven to 350 degrees F. Mix flour, sugar, pumpkin pie spice, baking soda and baking powder in a large mixing bowl. Set aside. Beat eggs in a separate bowl. Mix in pumpkin puree and oil. Fold wet ingredients into dry ingredients until just combined. Be careful not to overmix. Fold in apples. Line muffin pan with baking cups and fill each cup ¾ full. Bake 25-30 minutes or until a toothpick inserted into muffin comes out clean.

*Adapted from: <http://www.produceforkids.com/meal-planning/recipes/apple-pumpkin-muffins>*