CHOCOLATE PUMPKIN PANCAKES

CHOCOLATE MILK
OFFICIAL DRINK OF HALLOWEEN

MILK
LOVE WHAT’S REAL.
**CHOCOLATE PUMPKIN PANCAKES**

**MAKES 12 SERVINGS** (1 medium-sized pancake each)

**Ingredients**
- 1 cup pumpkin puree
- 1 large egg
- 2 tablespoons melted butter, unsalted
- 2 cups all-purpose flour
- 3 tablespoons sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 2 tablespoons unsweetened cocoa powder
- 1 teaspoon cinnamon
- 1/2 teaspoon ground ginger
- 2 cups real chocolate milk
- Syrup, if desired
- Whipped cream, if desired

Pair each serving with:
- 8-ounce glass of milk

**Directions**
1. In a medium bowl, whisk together the pumpkin puree, egg, and melted butter.
2. In a smaller separate bowl, whisk together flour, baking powder, baking soda, cocoa powder, and spices.
3. Stir the dry ingredients into the pumpkin mixture and add the chocolate milk. Stir until just combined. Mixture should be thick, but pourable. If it is too thick (not pourable), then add more chocolate milk by the 1/4 cup.
4. On a greased or buttered griddle over medium-low heat, add 1/3 cup of batter. Cook each pancake for 2-3 minutes on the first side until bubbles start to form on the pancake and the edges start to firm up. Flip and cook for another 2 minutes on the second side.
5. Serve topped with syrup or whipped cream, if desired, and pair with a glass of real milk - chocolate or classic, whichever you prefer!

**Nutrition**: 250 calories; 6 g fat; 3.5 g saturated fat; 30 mg cholesterol; 12 g protein; 39 g carbohydrates; 2 g fiber; 330 mg sodium; 406 mg calcium. Nutrition figures based on using lowfat chocolate milk, and include an 8-ounce glass of lowfat classic milk.