

Baked Pumpkin Pancake

Serves: 4

Prep time: 15 minutes

Cook time: 25 minutes



1 serve per portion

Ingredients

2 cups pumpkin, peeled and cut into 1cm cubes

2 cups plain flour

1 teaspoon baking powder

½ teaspoon baking soda

½ teaspoon ground nutmeg

½ teaspoon ground ginger

½ teaspoon ground cinnamon

2 eggs

1 cup reduced fat milk

1 teaspoon vanilla extract

2 cups mixed berries, to serve

Maple syrup, to serve



Everyday Food

Method

STEAM pumpkin in microwave or on stovetop until soft. Set aside to cool.

PUREE cooled pumpkin in a food processor or blender until smooth.

PREHEAT oven to 220°C and line a large ovenproof frypan or baking dish with baking paper.

ADD flour, baking powder, baking soda, and spices to a mixing bowl and whisk together.

WHISK together eggs, milk, and vanilla in a separate bowl or jug. Add to dry ingredients and whisk until well combined.

POUR batter into prepared frypan or baking dish. Bake for 20-25 minutes, or until the pancake is set and the top is golden brown.

REMOVE from oven and allow to cool slightly.

TOP with berries and maple syrup and slice to serve.

Recipe courtesy of the Country Kitchens 2025 Country of Study Collection - Canada