



# Pumpkin Spiced Pancakes

## Ingredients:

- 2 cups of Bisquick
- 1/3 cup of black seed corn meal
- 2 Tablespoons white sugar
- 1 can of pumpkin
- 2 eggs
- 1 milk or almond milk
- 1 oil
- dash of nutmeg
- cup of pecans or walnuts

## Directions:

1. Combine Bisquick, white sugar, corn meal, in a large mixing bowl, and whisk together for two minutes to aerate.
2. In a separate bowl, combine pumpkin puree, cinnamon, nutmeg, egg, milk, 2 tablespoons of vegetable oil,« Mix in the flour mixture, and stir just until moistened. (Do not over mix.)
3. Coat skillet with 1 teaspoon vegetable oil over medium heat.
4. Pour batter into skillet 1/4cup at a time, and cook the pancakes until golden brown, about 3 minutes on each side. Add walnuts and /or pecans or what ever topping desired.