FALL SPICE PANCAKES

INGREDIENTS
Makes 4-5 pancakes

1¼ cups all-purpose flour
2 tbsp. brown sugar
2 tsp. baking powder
¼ tsp. salt
¾ tsp. ground cinnamon
¼ tsp. ground nutmeg
Dash of ground ginger
Dash of ground cloves
1 cup milk (non-dairy is a great substitute)
½ cup roasted butternut squash
1 large egg
2 tbsp. vegetable oil or melted butter

METHOD

Preheat the oven to 425 degrees. Meanwhile, half and scoop at least one butternut squash. Might as well do a few for this step, freeze for soups, etc. Rub with olive oil and a sprinkle of salt and roast for 40-45 minutes flesh side down. The squash is ready when the flesh can be scooped from the skin.

Whisk together the flour, sugar, baking powder, salt and spices in a medium bowl.

In a separate small bowl, combine the milk, roasted squash, egg and oil or butter. Stir into the dry ingredients and mix until just combined. The batter may still be lumpy.

Ladle the batter into a hot, greased pan (Bonus points, if there’s bacon fat in your cast iron, but butter or coconut oil in a pan works just fine). When the batter starts to bubble on the surface and crisp on the edges, it’s time to flip.

Top with good syrup, roasted butternut squash seeds, or pears and cinnamon.