



## Squash and Maple Buttermilk Pancakes

by Dr. Benjamin Maring

Fall is the perfect season for a cozy family breakfast. If you have some leftover squash from that soup you made last night, think about using it for such a breakfast. Let the oven warm your kitchen, and your body, while you brew coffee or make tea. As the pancakes stay warm in the oven, scramble some eggs and cook some turkey or tofu sausage. Gather everyone around the table, dig in, and enjoy each other's company.

**Servings: 5 servings of 2 to 3 pancakes** | **Cooking Time: 30 minutes**

### Ingredients

2 cups flour (use what you have, but a combination of all-purpose, whole-wheat, white whole-wheat, and/or rye works well)  
 2 teaspoons baking powder  
 1/2 teaspoon baking soda  
 1/2 teaspoon kosher salt  
 1 1/4 teaspoons pumpkin pie spices (make your own blend using 2 parts ground nutmeg, 1 part each ground cinnamon, cloves, allspice and ginger)  
 1 cup butternut squash purée  
 1 1/4 cups buttermilk  
 2 large eggs  
 1 1/2 teaspoons lemon juice  
 2 tablespoons maple syrup  
 2 tablespoons melted butter, cooled  
 Vegetable oil

### Directions

1. Preheat oven to 200 degrees (to keep pancakes warm later on).
2. Make the squash purée: Peel about a 4-inch piece of the neck or a small bulbous portion of butternut, seed if needed, and chop into chunks. Steam for 10 to 15 minutes, or until tender, and purée in a blender until smooth. You could purée leftover roasted squash.
3. Combine the dry ingredients in a large bowl and whisk together for 30 seconds.
4. Add the buttermilk to the one cup of squash purée in the blender and blend on low speed. Keep the machine running and add the eggs, lemon juice, maple syrup, and the cooled butter.
5. Next, add the wet ingredients to the dry ingredients and very gently whisk together until combined, stopping when there are still small lumps present. Try not to over mix the batter, or the pancakes might get tough.
6. Heat a large cast iron pan or another large skillet over medium heat. When hot, brush lightly with vegetable oil and ladle 1/4 to 1/3 cup of batter onto the pan for each pancake. Cook for 3 to 4 minutes on the first side, or until golden brown. Flip and cook on the second for another 1 to 2 minutes.
7. Keep them warm in the oven while you cook the rest of the batter.



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