

PUMPKIN OATMEAL PANCAKES



Yield: 8-10 medium sized pancakes

¼ cup all-purpose flour

1 cup skim milk

½ cup whole wheat flour

½ cup pumpkin puree

½ cup old fashioned oatmeal

1 egg

3 tablespoons brown sugar

2 tablespoons canola oil

1 tablespoon baking powder

1 tablespoon vanilla

1 tablespoon cinnamon

2 tablespoons water.

½ tsp salt

- Preheat pancake griddle to 300 degrees or medium heat.
- Measure and place dry ingredients in a medium mixing bowl. Stir until well combined.
- Form a well in center of dry mixture, and add milk, pumpkin, egg, oil, and vanilla. Mix until smooth.
- Add 2 tablespoons water to thin the mixture. It should be the consistency of runny yogurt.
- Drop ¼ cup of batter onto griddle. Cook until just bubbly on the surface. Flip the pancake using a turner utensil. Cook until a golden brown. You can add additional pumpkin to this recipe for more flavor, however you will want to turn the temperature to 275 degrees or medium-low heat to allow the pancake to cook all the way through.
- Add a handful of chocolate chips, or ginger, nutmeg, and cloves to the mixture for additional flavors!
- Serve with syrup, or a dusting of cinnamon and sugar.

These are great to make ahead of time and place in the freezer—just reheat in microwave!

BLUEBERRY BRAN MUFFINS



Yield: 12 muffins

1 C all purpose flour	1 3/4 c. skim milk
½ c whole wheat flour	3 to 3 1/2 c. Kellogg's Bran Flakes cereal
4 tsp. baking powder	1 egg
1/4 tsp. salt	1/3 C. canola oil
1 1/2 tsp. cinnamon	½ c unsweetened applesauce
1/2 c. sugar or Splenda for baking	1/2 c. blueberries
½ C old fashioned oats	½ C raisins, soaked in hot water

- Stir together flours, baking powder, salt, cinnamon, sugar and oats. Set aside.
- Mix Bran Flakes and milk into large mixing bowl, let stand 2 minutes.
- Add egg, oil and applesauce to bran mixture; beat well. Add flour mixture, stir well.
- Add blueberries and raisins
- Sprinkle with oats before baking.
- Spray muffin pan or use liners.
- Bake at 400 degrees about 22-24 minutes.
- Let cool for at least 10 minutes out of the pan before eating to prevent sticking to cupcake liners.

BLACK BEAN BROWNIES

1 box brownie mix (for 9x13 pan)

1 can unseasoned black beans, drained and rinsed (15 oz)

½ can of water

Chocolate chips, cinnamon, vanilla can be added if desired.

- Preheat oven to box directions.
- Place drained and rinsed beans in blender.
- Add ½ can of water.
- Puree until no whole beans are visible.
- Empty brownie mix into medium mixing bowl.
- Pour bean puree into mix. (No additional eggs, oil, etc are needed!)
- Add chocolate chips, vanilla, and/or cinnamon if desired.
- Mix well. Pour into greased 9x13 pan and bake to box directions. (Typically 350 degrees for 28-32 minutes)
- Dust with powdered sugar once cooled if desired.



"CARROT" CAKE

1 box carrot cake mix
1 15oz can butter beans, drained and rinsed
1 cup pineapple tidbits, drained
1 cup baked butternut squash
6 baby carrots
1/2 cup raisins
1/2 cup coconut
3 eggs

Frosting:
1/2 cup cream cheese
1 1/2 cups powdered sugar

- Preheat oven to 350 degrees.
- Put raisins and carrots in a microwave safe mug, filling rest of mug with water. Heat 3 minutes in microwave. Let sit while you do the next step.
- Place rinsed beans in blender with squash, pineapple, and coconut. Puree until well blended.
- Drain carrots and raisins, add to blender and puree again.
- Empty cake mix into mixing bowl. Add puree mixture and eggs, and mix well.
- Pour into greased and floured 9x13 pan.
- Bake for 30 minutes until toothpick comes out clean.
- Cool before frosting. Sprinkle with chopped pecans if desired.



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GRANOLA

Makes a big mixing bowl full*

4 C regular or quick oats
1/2 cup wheat germ (or grape nuts)
1 C coconut (could use less)
1 C slivered almonds (or chopped raw/roasted)
1/2 C sunflower seeds
1/2 C pumpkin seeds
1/2 C walnut pieces
1/2 C roasted soynuts

1/2 C brown sugar
1 tsp cinnamon
1/2 tsp salt
1/2 to 3/4 C vegetable or canola oil
1/2 C honey
1 tsp vanilla
1 C raisins or dried fruits (optional)
1 C chocolate chips (optional)

- Combine all ingredients EXCEPT raisins/dried fruit/chocolate chips.
- Mix well until well blended.
- Spread on shallow baking sheet (the biggest one you have) and bake at 300 degrees for 25-30 minutes, stirring every 10 minutes.
- Lower heat to 145-170 degrees and bake for an additional 20 minutes.
- Stir in fruits if you desire. Cool.
- Add choc chips after well cooled.
- Store in airtight container once cooled. Mixture will become crispier upon cooling.

**all measurements are approximate for grains, nuts, seeds, and you can add your favorites*

