





From Scratch Pumpkin Pancakes

with Spiced Syrup & Candied Pumpkin Seeds

 20-30min  2 Servings

There's nothing like a warm homemade breakfast treat. We add a touch of autumn inspiration to these pancakes, thanks to the addition of pumpkin purée in the batter. (It makes delicious waffles, too!) A dollop of spiced cream cheese-maple topping adds the perfect creamy element, and a sprinkle of candied pumpkin seeds provides a delightful crunch—these next-level flap jacks are sure to hit the spot. (2p serves 4; 4p serves 8)

What we send

- 4 (1 oz) cream cheese ⁷
- 1 oz pumpkin seeds
- 5 oz granulated sugar
- 5 oz all-purpose flour ¹
- ¼ oz warm spice blend
- ¼ oz baking powder
- ¼ oz baking soda
- 1 can pumpkin purée
- 2 (1 oz) maple syrup

What you need

- 8 Tbsp butter ⁷
- kosher salt
- ¾ c milk ⁷
- 1 large egg ³

Tools

- nonstick skillet
- hand-held electric mixer
- microwave
- waffle maker

Cooking tip

To make pancakes, heat 1 tablespoon butter or oil in a nonstick skillet. Add ¼ cup batter and cook until bubbles appear on surface and bottom is golden. Flip and cook until golden, 1-2 minutes more.

Allergens

Wheat (1), Egg (3), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 650kcal, Fat 43g, Carbs 58g, Protein 5g



1. Candy pepitas

Set **all of the cream cheese** and **4 tablespoons butter** out to soften; set aside until step 5.

In a small nonstick skillet, combine **pumpkin seeds, 1 tablespoon each of butter, sugar and water**, and **a pinch of salt**. Cook over medium heat, stirring often, until pumpkin seeds are toasted and coated in glaze, 3-4 minutes. Transfer to a plate and set aside to cool completely.



4. Make batter

Add **dry ingredients** to **wet ingredients** and whisk until just combined. (It's okay if it's lumpy.)



2. Mix dry ingredients

In a large bowl, whisk to combine **flour, 1-2 teaspoons warm spice blend** (depending on taste preference), **1½ teaspoons baking powder**, and **½ teaspoon each of baking soda and salt**.



5. Make topping

Transfer **softened cream cheese and butter** to a medium bowl; use a hand mixer to mix until light and fluffy, about 1 minute. Add **1 packet of the maple syrup** and **2 tablespoons sugar**. Mix until maple cream cheese is smooth, 30-60 seconds more.



3. Mix wet ingredients

Place **4 tablespoons butter** in a medium microwave-safe bowl; microwave until melted. Whisk in **¾ cup milk, ¼ cup pumpkin purée, ¼ cup sugar**, and **1 large egg** until combined.



6. Cook & serve

Cook **waffles** according to manufacturer instructions. Top with **a spoonful of maple cream cheese**, drizzle with **remaining maple syrup**, and garnish with **candied pumpkin seeds**. Enjoy!

(No waffle maker? Make pancakes! See the cooking tip for alternative instructions.)