



## **Pumpkin Yogurt Pancakes with Maple Syrup**

*(yield 200 servings)*

### **Ingredients:**

- 25 c. all purpose flour *\*Get locally\**
- 12 ½ c. whole wheat flour
- 12 ½ c. pureed pumpkin *\*Get locally\**
- 4 ½ c. brown sugar
- 1 c. baking powder
- 8 T. cinnamon
- 4 T. salt
- 50 eggs *\*Get locally\**
- 4 c. plain yogurt *\*Get locally\**
- 2 gal. buttermilk
- 3 c. canola oil
- syrup *\*Get locally\**

### **Instructions:**

Whisk flours, brown sugar, baking powder, cinnamon, salt in a large bowl. In a separate mixing bowl mix eggs, buttermilk, yogurt, oil, and pureed pumpkin. While mixing wet ingredients, slowly add dry ingredients mixing continuously until batter is well combined and smooth. Ladle 3 oz. of batter on a flat top griddle per cake. Cook approximately 2 to 3 minutes on each side or until golden. When the center of the cake is firm and fluffy, it is ready to serve. Serve with Maple Syrup.

### **Nutrition:**

Per serving: 259 calories; 10 g fat (1 g sat, 6 g mono); 54 mg cholesterol; 35 g carbohydrates; 8 g protein; 3 g fiber; 356 mg sodium; 109 mg potassium.



*For information on local sourcing for large volume buyers and Wisconsin producers...*



## Local Food Cooking Class for Institutions

### Local Sources for Pumpkin Yogurt Pancakes

#### **Pie Pumpkins from Parrfection Produce**

David Parr, Owner  
304 E Main / Albany, WI 53502  
(608) 558-0471, dparr@tds.net  
Products: Conventional and organic produce  
Delivery: Madison, Debuque, Milwaukee area

#### **Eggs from Neesvig's (they distribute Jr's County Acres eggs from Lake Mills, WI )**

Callie Pederson, Neesvig's Buy Local Specialist  
4350 Duraform Lane / PO Box 288 / Windsor, WI 53598  
(608) 846-1160 ext 134, cpederson@neesvigs.com  
Products: Local cheese, milk, ice cream, eggs, grass-fed beef and more  
Delivery: Wisconsin

#### **Yogurt from Sugar River Dairy**

Ron and Chris Paris, Owners  
N7346 County Highway D / Albany, WI 53502  
(608) 938-1218, sugarriverdairy@gmail.com  
Products: Bulk and single serve yogurt  
Delivery: Sugar River delivers and is also available through Golden Produce (Madison, WI), UW Provision (Middleton, WI), and Elegant Foods (Madison, WI)

#### **Flour from Lonesome Stone Milling LLC**

Gilbert Williams, Owner  
Lone Rock, WI  
(608) 583-2100, lonesomestonemill@gmail.com  
Products: All purpose, whole wheat, and pastry flour in 25 and 50 pound bags  
Delivery: Madison

#### **Syrup from Anderson's**

2391 40<sup>th</sup> St / Cumberland, WI 54829  
(715) 822-8512  
Products: Retail and food service size (1 and 5 G) maple syrup  
Delivery: UNFI, Sysco, L&L

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