

PUMPKIN PANCAKES

PREP TIME: 5 MINS

COOK TIME: 20 MINUTES

TOTAL TIME: 25 MINUTES

INGREDIENTS:

4 eggs, large

1/2 cup pumpkin puree

1 tablespoon maple syrup

1 teaspoon baking powder

1/2 cup almond meal (I used the Trader Joe's brand)

2 tablespoons coconut flour

1 teaspoon cinnamon

INSTRUCTIONS:

- 1. In a medium size bowl, whisk 4 eggs. Then add in pumpkin puree and maple syrup and mix.**
- 2. Next, add in dry ingredients and mix again until everything is combined.**
- 3. Heat a large skillet to medium heat, making sure not to heat it any hotter! Spray with coconut oil cooking spray. Once the skillet is hot, spoon 1/4 of the batter onto the skillet and use your spoon to spread the batter so that everything is even.**
- 4. Cook the first side for about 3 minutes (you may need to cook the first pancake longer, so that the pan can heat up all the way), or until cooked enough to flip. Use a spatula to carefully flip the pancake. Let the other side cook for 2-3 minutes or until cooked all the way through.**

NUTRITION:

Serving Size: 2 medium pancakes or 1/2 the recipe; Calories: 419; Sugar: 10; Fat: 26; Carbohydrates: 23; Fiber: 8; Protein: 22