



## NUTRITION PER SERVING:

<b>CALORIES</b>	344
<b>PROTEIN</b>	15 G
<b>CARBOHYDRATE</b>	45 G
<b>TOTAL FAT</b>	13 G

<b>PREP TIME:</b>	10 MINUTES
<b>COOK TIME:</b>	5 MINUTES

<b>YIELD:</b>	2 SERVINGS
<b>SERVING SIZE:</b>	2 PANCAKES

## INGREDIENTS:

<b>½ C</b>	WHOLE WHEAT FLOUR
<b>1/3 C</b>	OAT FLOUR
<b>1 TBSP</b>	COCONUT FLOUR
<b>2 TSP</b>	BAKING POWDER
<b>1 TSP</b>	PUMPKIN PIE SPICE
<b>½ TSP</b>	SALT
<b>2/3</b>	UNSWEETENED ALMOND MILK
<b>½ C</b>	PUMPKIN PUREE
<b>¼ C</b>	EGG WHITES
<b>1</b>	WHOLE EGG
<b>3 TBSP</b>	GRANULATED STEVIA (OR PREFERRED SWEETENER)
<b>½ TSP</b>	VANILLA EXTRACT
<b>1 TBSP</b>	COCONUT OIL, MELTED

## PUMPKIN PANCAKES

START THE DAY WITH GREAT TASTING PANCAKES!

- 01 Combine flour, baking powder, pumpkin pie spice, and salt in a large mixing bowl.
- 02 In a separate large mixing bowl, whisk together almond milk, pumpkin, egg, egg whites, stevia, and coconut oil until well blended.
- 03 Slowly stir in the dry mix to the bowl with the wet ingredients and mix until a batter is formed. Let the batter sit for about 5 minutes.
- 04 Coat a large skillet with non-stick cooking spray and put over medium heat.
- 05 Using a measuring cup, pour approximately 1/4 cup batter into the pan for each pancake. Cook pancakes until the edges are firm and you see bubbles covering the surface. Flip and cook an additional 2 minutes or so until both sides are golden brown. NOTE: if you notice that your pancakes start to get too dark, lower the heat as you continue to cook.
- 06 Repeat this process (including coating the pan with spray) until you have used all the batter. Serve with your favorite sugar free syrup. Enjoy!