



PUMPKIN PANCAKES

MAKES ABOUT 3 SERVINGS

Ingredients:

- 3 eggs
- 1 c pumpkin
- ½ c milk
- 2 tsp baking powder
- 1 tsp salt
- 1 c wheat flour or gluten-free all-purpose flour mix
- 1 tsp coconut oil
- Cinnamon
- Pure maple syrup

Directions:

Place eggs, pumpkin, milk, baking powder, salt, and flour in a mixing bowl and stir until smooth. Preheat a nonstick skillet over medium heat and heat coconut oil in skillet. Pour batter onto skillet to make pancakes of desired size and cook until edges are dry. Turn and brown other side. Sprinkle with cinnamon and serve with syrup.