

BREAKFAST

Pumpkin Pancakes

Makes 2 servings · about 3 pancakes each

SATIETY SCORE	NUTRITION
● ● ● ● ○ 4 / 5	HIGH
Per serving (approx.): Protein 18 g · Fiber 9 g · Calories 340	

Ingredients

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

Directions

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

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

DAIRY & EGGS

- ☐ 3 eggs
- ☐ ½ cup whole milk

PANTRY & DRY GOODS

- ☐ 1 cup pumpkin
- ☐ 1 cup whole-wheat flour

CHECK YOUR PANTRY

- ☐ Baking powder
- ☐ Salt
- ☐ Coconut oil
- ☐ Cinnamon
- ☐ Pure maple syrup