BODYELITEFIT

PUMPKIN PANCAKES

START THE DAY WITH GREAT TASTING PANCAKES!

NUTRITION PER SERVING:

CALORIES	344
PROTEIN	15 G
CARBOHYDRATE	45 G
TOTAL FAT	13 G

PREP TIME:	10 MINUTES
COOK TIME:	5 MINUTES

YIELD:	2 SERVINGS
SERVING SIZE:	2 PANCAKES

INGREDIENTS:

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

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!

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