

Julie's Glorious Pumpkin Pancakes

Yield: 5 servings
Prep time: 10 minutes
Total time: 25 minutes

INGREDIENTS

Bob's Red Mill Almond Meal | 1 ½ cups
old fashioned oats | ½ cup, ground
ground flaxseed | 2 Tablespoons
eggs | 4 2 whole + 2 whites)
ripe bananas | ¾ cup, mashed
ground cinnamon | 2 teaspoons
pumpkin pie spice | ½ teaspoon
ginger | ¼ teaspoon
nutmeg | ¼ teaspoon
canned pumpkin | ¾ cup
sea salt | ½ teaspoon
baking soda | ½ teaspoon
vanilla extract | 1 teaspoon
*Adjust spices as desired to taste!

DIRECTIONS

1. Preheat skillet to medium heat and lightly coat pan with olive or coconut oil.
2. In a small bowl, combine almond meal, oatmeal, salt, baking soda, spices, and flaxseed.
3. In a large bowl, whisk together mashed bananas, pumpkin, eggs, vanilla extract until thoroughly combined.
4. Add dry ingredients to wet and mix well.



5. Ladle about ¼ cup of batter for each pancake onto the preheated skillet. Cook for about 4 minutes then flip, cooking additional 4-5 minutes until no longer wet in the center.
6. Serve immediately.

ABOUT THIS RECIPE:

High in protein, fiber, and naturally sweet due to the almond flour that provides a lovely "nutty flavor". If you have a nut allergy you can sub a GF baking mix such as the NAMASTE brand.

**Gluten free, High Fiber, Gut Friendly,
Dairy Free, Anti-Inflammatory**

NOTES

- *These are dense and hearty pancakes. Cook until bubbles form and then flip the pancake and continue cooking until done*

Julie's Tip: "These tasty little treats are already nice and sweet thanks to the almond meal, spices and bananas. If you need a "topper," use fresh or stewed berries or a drizzle of 100% pure maple syrup!"