

COOKING FOR WELLNESS

Pumpkin Pancakes

Dry Ingredients

- 1.5 cups whole wheat flour
- 2 teaspoons baking powder
- 1 teaspoon pumpkin pie spice
- 1/8 teaspoon salt

Wet Ingredients

- 2 large eggs
- 1 cup unsweetened coconut milk (or other milk alternatives: almond, soy)
- 1 cup pumpkin puree
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 2 tablespoons melted coconut oil

Instructions

1. Whisk all dry ingredients together in one bowl.
2. Then, in a separate bowl, whisk both eggs. Add coconut milk, pumpkin puree, maple syrup, and vanilla and whisk.
3. Add dry ingredients into wet ingredients and mix until all ingredients are combined. Finally, add in 2 tablespoons melted coconut oil and mix again.
4. Next, heat a large skillet over low/medium heat. Spray skillet with non-stick cooking spray.
5. Using a 1/3 cup scoop, scoop pancake batter into the skillet. Let the pancake cook for 2-3 minutes on each side, flipping when bubbles start to form in the center of the pancake.
6. Top with your favorite toppings and enjoy! (Maple syrup, crushed almonds, dried cherries or other dried fruit options.)



Nutrition Information: ¼ of recipe

310 calories, 41 g carbohydrates (9 g sugar, 6 g fiber) 11 g fat, 10 g protein

From FitFoodieFinds: <https://fitfoodiefinds.com/pumpkin-pancakes/>



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