

GLUTEN FREE PUMPKIN SPICE PANCAKES

🕒 10 minutes

🍴 3 portions

INGREDIENTS

- 1 large unit of egg, whole, raw, fresh [50 g]
- 1/2 teaspoon Stephanie's Spice blend
- 1 teaspoon vanilla extract (not imitation)
- 1 tablespoon honey
- 1/3 cup oat flour (or other gluten-free flour blend)
- 0.3 cups of pumpkin, canned, with salt [74 g]

COOKING METHOD

- 1° In a medium bowl, whisk the egg, spice blend, vanilla, and honey until blended.
- 2° Add pumpkin and oat flour, and mix just until combined (the batter might be slightly lumpy).
- 3° Melt butter or oil in a skillet or on a griddle over medium heat. Pour in 1/4 cup of batter at a time.
- 4° Cook for approximately 4 minutes, or until top is bubbled and starts to dry. Flip and cook for 2-3 additional minutes.
- 5° Topping options: walnuts, honey, organic 100% pure maple syrup, vegan whipped cream, cinnamon/nutmeg, etc

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [59 g]	% DRI
ENERGY	183 kcal	108 kcal	5 %
FAT	4 g	3 g	4 %
FATTY ACIDS, TOTAL SATURATED	1 g	1 g	3 %
CHOLESTEROL	105 mg	62 mg	21 %
SODIUM	141 mg	83 mg	3 %
CARBOHYDRATE	27 g	16 g	5 %
SUGARS	12 g	7 g	—
FIBER	1 g	1 g	3 %
PROTEIN	8 g	5 g	—