



Lifestyle Wellness Academy

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



PUMPKIN PANCAKES

START THE DAY WITH GREAT TASTING PANCAKES!

- 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!