

## PUMPKIN PANCAKES

Servings: 8 small pancakes

*This is a great way to use canned pumpkin. These delicious pancakes are gluten, and dairy free.*

### INGREDIENTS

4	eggs
1/2 cup	pumpkin puree
2 Tbsp	butter or coconut oil, melted
1-2 Tbsp	honey or maple syrup (optional)
1 tsp	pure vanilla extract
1/4 tsp	baking soda
1 tsp	cinnamon
1 tsp	pumpkin pie spice*
pinch	salt

### DIRECTIONS

1. Whisk the eggs, canned pumpkin, maple syrup or honey (if using) and vanilla extract together. Sift the pumpkin pie spice, cinnamon and baking soda into the wet ingredients.
2. Melt 2 tablespoons of butter in a large skillet over medium heat. Then, mix the butter into the batter.
3. Grease the skillet and spoon the batter into the skillet to make pancakes of your desired size. When a few bubbles appear, flip the pancakes once to finish cooking.
4. Service with cinnamon or sliced bananas.

\* If you don't have pumpkin pie spice, you can substitute:

1/4 tsp	ground ginger
1/8 tsp	cloves
1/8 tsp	allspice or nutmeg