



Charming Pumpkin Pancakes

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Yield: 4-6 servings

INGREDIENTS

1 1/2 cups rolled oats
1/2 cup almonds, walnuts,
hazelnuts, or other nut of
choice
1/4 tsp. sea salt
1 tsp. baking powder
1 tbsp. cinnamon
1/2 tsp. cardamom
1 cup nut milk
2 tbsp. maple syrup
1/2 tsp vanilla
2 cups pumpkin purée



TOPPINGS

Nuts of choice
Extra fruit of choice
1/4 cup Grade B maple syrup

METHOD

- Combine all ingredients in a food processor until blended smooth. Transfer to a bowl.
- Heat a large skillet over medium heat, lightly greased with coconut oil. Scoop 1/2 cup pancake mixture into skillet and cook until edges are brown. These are dense pancakes, so they may take a while to cook.
- Carefully flip over. They may stick and are tricky to flip perfectly, so just smooch any straggling pieces back into the pancake. Cook until golden brown.

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