

# Pumpkin Pancakes

## Instructions

1. In a large bowl, whisk together the flour, baking powder, baking soda, cinnamon, ginger, nutmeg, and salt.
2. In a medium bowl, whisk together the pumpkin purée, almond milk, egg, brown sugar, melted butter, and vanilla.
3. Combine the wet ingredients with the dry ingredients and stir until just combined, some lumps are okay.
4. Over medium-low heat, heat a nonstick skillet with oil and add  $\frac{1}{3}$  cup of the batter to the pan. Cook for 2-3 minutes, or until bubbles form, and then flip and cook for another 2-3 minutes, or until puffed and golden brown. As needed, turn the heat to low to ensure the middle of the pancakes cook thoroughly.
5. Serve with maple syrup and any other desired toppings!

## Ingredients

- $\frac{1}{2}$  cups all-purpose flour
- 2 tsp baking powder, spooned and leveled
- $\frac{1}{2}$  tsp baking soda
- 1 tsp cinnamon
- $\frac{1}{2}$  tsp ground ginger
- $\frac{1}{4}$  tsp nutmeg
- $\frac{1}{4}$  tsp sea salt
- $\frac{1}{2}$  cup pumpkin purée, fresh or canned
- 1  $\frac{1}{4}$  cups almond milk (or milk of choice)
- 1 large egg
- $\frac{1}{4}$  cup brown sugar
- 2 tbsps butter, melted (or coconut oil)
- 1  $\frac{1}{2}$  tsp vanilla extract

## Grocery List

### Baking/Spices Aisle

- All-purpose flour
- Baking powder
- Baking soda
- Cinnamon
- Ground ginger
- Nutmeg
- Sea salt
- Pumpkin purée
- Brown sugar
- Vanilla extract

### Grocery/Dairy Items

- Almond milk (or milk of choice)
- Egg
- Butter