

## Edible Perspective

11.5.12

### Pumpkin Spice Pancakes [yields 2 servings, (8) 4-5" pancakes]

- 1/2 cup gluten free oat flour
- 1/4 cup almond meal
- 1/4 cup [sweet rice flour](#)
- 1/2 cup 2% milk
- 1/3 cup pumpkin puree
- 2 eggs
- 1 tablespoon coconut oil, melted *or melted butter*
- 1 teaspoon vanilla extract
- 2 tablespoons sucanat *or pure cane sugar*
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon ginger
- 1/4 teaspoon nutmeg
- 1/4 teaspoon all spice
- 1/4 teaspoon salt
- 1/16 teaspoon cloves

1. Combine all of the dry ingredients in a large bowl and stir until well mixed.
2. In another bowl whisk the eggs, milk, pumpkin, and vanilla until combined.
3. Whisk in the melted coconut oil and pour into the dry ingredients.
4. Stir until just combined. Avoid over stirring.
5. Let sit 5 minutes. The batter should be pourable but not runny.
6. Grease a large pan or griddle [generously] over medium heat.
7. Once hot, spoon the batter onto the pan or skillet and gently spread to about 4-5" wide and 1/4" thick. Do not overcrowd the pan.
8. Cook for about 2-3 minutes per side until you see bubbles forming on top of the pancake.
9. Flip with a large spatula and cook for about 2 more minutes until set. Do not press down on the pancake with your spatula. They should be easily flipped.
10. Stack and finish with your favorite toppings.

**notes:** For a thinner pancake feel free to add more milk. Sub unsweetened soy, almond, or hemp milk if desired. *To keep pancakes hot while cooking:* Preheat your oven to 275\* and place an oven safe wire rack on a baking sheet. Place the cooked pancakes on the wire rack and place in the oven as you finish cooking each one. Remove from the oven when all of the pancakes are cooked and top with butter and maple syrup and enjoy.

If you want to add chocolate chips stir in 1/3 cup after step 4, or when you pour the batter into

the pan dot each pancake with a small sprinkling.