



# Ashley's Meal Prep Monday!



## Pumpkin Pancakes

### INGREDIENTS

1 cup all purpose or gluten free flour  
1/2 TSP baking powder  
1 TSP pumpkin pie spice  
1/4 TSP salt  
3/4 cup pumpkin puree  
1 cup almond milk  
2 TBSP melted coconut oil  
1/4 cup coconut sugar  
1 TSP vanilla

In a small bowl, combine flour baking powder, salt and pumpkin pie spice - set aside

In a large bowl, combine pumpkin puree, almond milk, vanilla, and coconut sugar. Whisk until mixed

Add dry ingredients to wet and whisk until mixed. Add in coconut oil and mix again

Heat large skillet over medium heat and coat with a non-stick spray. Add about a 1/4 cup of batter onto skillet and cook a couple of minutes before flipping. \*wait until bubbles form\* then cook another minute or so

Top with a dollop of cocowhip and sprinkle cinnamon and pepitas



recipe from [lovelydelites.com](http://lovelydelites.com)

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MARKET