



Ashley's Meal Prep Monday!



Pumpkin Pie Pancakes

INGREDIENTS

1 cup unsweetened
almond or oat milk
½ cup pumpkin puree
4 TBSP maple syrup
2 TSP baking powder
1 TSP apple cider vinegar
1 TSP cinnamon
1 cup GF flour
Additional:
1 TSP vanilla
¼ TSP nutmeg
¼ TSP cloves
¼ TSP ground ginger
whipped topping and
syrup

In a medium bowl, mix the milk, pumpkin, syrup, baking powder, apple cider vinegar and cinnamon. Add in additional optional ingredients. Mix until combined and then mix in the flour until the batter is smooth.

Spray a large skillet with avocado or olive oil and keep on low heat. Once pan is warm, spoon in a little less than a ¼ cup of batter per pancake. Cook until bubble form on the top of the pancakes and then flip. Each pancake should be golden on each side. You should end up with about 16 pancakes.

Serve warm with whipped topping, cinnamon and syrup. You could even add some peanut butter! I doubled the batch so I could throw some in the freezer!



Recipe Idea: www.peanutbutterandjilly.com

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