Eric's Pumpkin Spice Pancakes

Ingredients

- 1 1/2 cups oat flour (ground oatmeal)
- 2 tbsp Splenda or honey
- 1 tbsp baking powder
- 1/2 tsp salt
- 2 tbsp cinnamon
- 1/4 tsp all spice
- 1/4 tsp nutmeg
- 4 egg (white)
- 1/2 cup raw pumpkin
- 1 1/2 cup unsweetend almon breeze

Summary

Yield: 10
Prep Time: 10 minutes
Category: Breakfast

Instructions

add first 7 ingredients to a large bowl and use a whisk to combine. In a second bowl, add egg whites and pumpkin and whisk until incorporated. Stir in the Almond Breeze. Add the wet ingredients to the dry ingredients and stir until combined. do not over mix.preheat a griddle to medium and using a 1\4 cup, scoop batter onto griddle, spreading out into and even circle. Flip when small bubbles start to form.1 pancake64 calories1.3g fat9.5g carbs 3.5g protein0g suger (if you use splenda)