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## Pumpkin Pancakes

By Philip Riley

Prep Time	Cook Time	Total Time	Servings
10 minutes	20	30	16 pancakes

### Ingredients

- 2 tablespoons ground flaxseed + 6 tablespoons water
- 3 cups (360g) all-purpose flour
- 1/4 cup cane sugar
- 4 teaspoons baking powder
- 1 teaspoon baking soda
- 1 tablespoon cinnamon
- 1/2 teaspoon sea salt
- 1 cup canned pumpkin puree
- 2 cups plus 3 tablespoons almond milk, at room temperature
- 1/4 cup melted coconut oil, plus more for brushing
- 1 tablespoon vanilla extract

### Instructions

1. In a small bowl, combine the flaxseed and water and set aside for 5 minutes to thicken.
2. In a large bowl, combine the flour, sugar, baking powder, baking soda, cinnamon, and salt.
3. In a medium bowl, whisk together the pumpkin, almond milk, coconut oil, vanilla, and the flaxseed mixture.
4. Pour the wet ingredients into the bowl with the dry ingredients and stir until just combined. A few lumps are ok. Be careful not to over-mix. If you prefer a thinner batter, add more almond milk.
5. Heat a nonstick skillet or griddle to medium heat. Brush the skillet with some coconut oil and pour the batter onto the pan about 1/3 cup at a time. Cook the pancakes for 2 minutes per side, turning the heat to low as needed to avoid burning.
6. Serve with maple syrup, pecans, yogurt, or your toppings of choice.

### Bonus Tips

To keep the pancakes fluffy, don't overmeasure the flour or pack it down. Keep mixing to a minimum.

### Check it Out

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