PUMPKIN PANCAKES

Ingredients:

- 1 organic egg
- 1/4 cup canned pumpkin
- 2T flour (all purpose, wheat, almond, oat, gluten-free --any flour will work, I used oat flour for nutrition info)
- 1/4 tsp pumpkin pie spice (adjust to taste)
- Optional add-ins: chia or flaxseeds, nut butter, chocolate chips, bananas, blueberries



Directions:

1. Whisk the egg and then add the flour, pumpkin, and pumpkin spice. Stir well until fully combined.
2. Heat a nonstick skillet over medium heat. Spray with cooking spray and add the batter. Cook for 2-3 minutes per side, flipping when bubbles begin to pop and edges brown.
3. Makes one serving!

NUTRITION PER SERVING:

Calories 176, protein 10g, Carbs 20g, Fiber 4g, Sugar 2g, Fat 7g, Sat Fat 2g, Chol 186mg, Sodium 74mg

ALLOY®