

RECIPE

Oatmeal Pumpkin Spice Pancakes

Ingredients:

3 eggs
½ C brown sugar
½ C apple sauce
½ C pumpkin puree
1 ½ C Buttermilk
2 tsp vanilla extract
1 C of whole wheat flour
1 C rolled oats
2 tbsp. baking powder
½ tsp salt
½ tsp pumpkin pie spice
½ tsp cinnamon

Directions:

In a large bowl mix together the eggs, brown sugar, apple sauce, buttermilk and pumpkin puree until smooth. Add in vanilla, baking powder, salt, pumpkin spice, cinnamon, rolled oats and flour and mix well. Pour ¼ cup of batter onto medium hot griddle or pan and cook 2-3 minutes until edges look firm and then flip and cook other side for 1-2 minutes. Serve hot with maple syrup and choice of toppings. Suggested toppings include; nuts, fruit, whipped cream, chocolate or caramel sauce, or chocolate chips.

