



Pumpkin Spice Protein Pancakes

These fluffy, delicious, satiating pancakes are a massive upgrade from box mix or even scratch buttermilk. They contain no wheat flour and add protein, fiber, vitamins and phytonutrients. Make them in the morning for breakfast and watch leftovers disappear at snack time. For best results, let the batter sit (hydrate) for 30 minutes before cooking.

Preheat a nonstick griddle on medium heat or nonstick electric pan to 350F.

Ingredients:

1 ½ cups oats
½ cup vanilla protein powder
¼ cup coconut flour
1 tsp baking powder
1 tsp baking soda
1 tsp salt
1 ½ tsp cinnamon
1 tsp cardamom (or nutmeg)
1 tsp allspice
1 tsp ground or grated ginger
1 ½ cups buttermilk
1 cup cooked fresh butternut squash or pumpkin (canned also works)
3 T maple syrup
3 T melted butter or healthy oil like coconut, avocado or cold, expeller pressed sunflower
2 large pastured eggs
½ tsp vanilla

Method:

- If it's pumpkin season, the day before roast whole, unpeeled pumpkin or squash in the oven at 375F for an hour (or split, cut sides down, for less time). Let cool, then remove seeds and scoop out the flesh.
- Preheat nonstick griddle or electric pan to 350F.
- Combine all ingredients in a blender. Blend until fully incorporated. Let sit if you can.
- Drop by ⅓ cupfuls onto the griddle. Flip when golden brown. Serve with nut butter.