



Pumpkin Pancakes

makes 8 large pancakes

- 1 1/4 cups unbleached all purpose flour (gluten-free mix works well, or trying substituting with some whole wheat and/or buckwheat flour)
- 3 tablespoons rapadura sugar
- 2 teaspoons baking powder
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 3/4 teaspoon sea salt
- 1 1/3 cups whole milk (hemp milk or buttermilk also work)
- 1 cup pumpkin puree (canned or drained fresh)
- 4 large eggs, separated
- 1/4 cup unsalted butter, melted (or virgin coconut oil)
- 1 teaspoon vanilla extract
- 1/2 cup chopped pecans

Whisk first 5 ingredients together in a large bowl. Combine milk, pumpkin, egg yolks, melted butter and vanilla in medium bowl to blend well. Add pumpkin mixture to dry ingredients; whisk just until smooth.

Using electric mixer, beat egg whites in another medium bowl until stiff but not dry. Fold whites into batter in 2 additions.

Brush large nonstick skillet with oil or butter; heat over medium heat. Working in batches, pour batter into skillet to make whatever size pancakes you prefer. Sprinkle a teaspoon or so of chopped pecans onto the first side. Cook until bubbles form on surface of pancake and bottom is brown, about 2 minutes per, then flip and cook the other side. Repeat with remaining batter, brushing skillet with oil or butter between

batches. Serve with warm maple syrup.

These freeze well. Stack them with parchment in between and slip into a ziploc bag.