

Ageless Woman Living

Coaching women toward greater balance of body, soul & spirit

Pumpkin Pancakes

Ingredients

- 4 Eggs
- ½ Cup Canned Pumpkin (nothing added)
- 1 Teaspoon Pure Vanilla Extract
- 1 Teaspoon Pumpkin Pie Spice
- 1 Teaspoon Cinnamon
- ¼ Teaspoon Baking Soda
- 1 Tablespoon Coconut Flour
- 1/8 Teaspoon Treleafia Sweetener (*or other natural sweetener of choice*)
- 1 Teaspoon Extra Virgin Coconut Oil or Coconut Oil Spray (for pan)

Directions

Whisk eggs with all wet ingredients. Add dry ingredients to wet. Melt coconut oil in non-stick pan over medium heat. Scoop about ¼ cup of batter to make each pancake. When a bubble or two begins to form or edges look firm, flip pancakes to cook on other side.

Serves 2 *Approx. 204 Calories, 7g Carbohydrate, 13g Protein, 13g fat (not including optional toppings)*

Serve with Optional Toppings

- 1 Teaspoon Organic Unsweetened Apple Butter
- ½ Cup Fresh Berries
- 1 Teaspoon Raw Honey
- ½ Sliced Banana

Time Saving Tip Make a double batch and refrigerate or freeze for future meal!