

Pumpkin Oat Pancakes

- 2 Tbsp melted butter
- 2 eggs
- ½ cup pumpkin
- ½ cup applesauce
- 1 Tbsp coconut sugar
- ½ tsp vanilla
- 1 ¼ cup cooked rolled oats
- ¾ cup gluten free flour
- ½ tsp baking soda
- ½ tsp baking powder
- ½ tsp pumpkin pie spice
- 1/4 tsp cinnamon
- pinch sea salt



Combine the first 6 wet ingredients. Break up the cooked oats and combine with the wet ingredients.

Combine dry ingredients and mix together with the oat/pumpkin mixture.

Pre-heat a nonstick skillet over medium/high heat and melt butter or coconut oil. Batter will be very thick so drop about 2 tablespoons of batter and quickly spread the batter in the skillet to form medium size pancakes.

Cook until bubbles form on the surface and the bottom looks browned but not burned. Watch for scorching and adjust heat if necessary. Flip pancakes and cook evenly on the other side. Serve hot with real maple syrup.