

**PUMPKIN SPICE PROTEIN PANCAKES** 5 portions**INGREDIENTS**

- 1.5 cups of oat flour
- 2 tbsp. Splenda, Truvia or Ideal
- 1 tbsp. baking powder
- 1/2 tsp. salt
- 2 tbsp. cinnamon
- 1/4 tsp. allspice
- 1/4 tsp. nutmeg
- 1/2 cup raw pumpkin
- 1.5 cups of beverages, almond milk, unsweetened
- 10 large units of egg, white (330 g)
- 1 tsp of non-stick spray-coconut oil or olive oil (7 g)

COOKING METHOD

¹ Description: Equipment: Griddle Instructions: 1. Preheat griddle to medium heat. 2. Mix oat flour, Splenda (or alternative), baking powder, salt, cinnamon, allspice and nutmeg in a bowl. 3. Whisk egg whites and pumpkin. Mix in almond milk. 4. Add wet ingredients to dry ingredients and mix together. 5. Spray griddle with nonstick butter spray. 6. Scoop batter with 1/4 cup measuring cup onto griddle. Cook 3-5 minutes on each side.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (202 g)	% DRI
ENERGY	103 kcal	207 kcal	10 %
FAT	2 g	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	3 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	183 mg	369 mg	15 %
CARBOHYDRATE	16 g	32 g	11 %
SUGARS	3 g	6 g	—
FIBER	2 g	4 g	16 %
PROTEIN	6 g	12 g	—