

# Pumpkin Pancakes

## Ingredients:

- ✓ 1 ½ cup oats
- ✓ 1 cup flour
- ✓ 1 tbsp baking powder
- ✓ 1 ½ tsp cinnamon
- ✓ ½ tsp ginger
- ✓ ½ tsp nutmeg
- ✓ ¼ cup brown sugar
- ✓ 1 tbsp sugar
- ✓ 1 tsp vanilla
- ✓ 1 cup pumpkin
- ✓ 1 cup Greek yogurt
- ✓ 2 large eggs
- ✓ 1 ½ cup milk
- ✓ ¾ cups chocolate chips
- ✓ ¾ cups chopped pecans or walnuts



Total Time: 35 minutes Servings: 4

## Directions:

1. Grind oats into oat flour using a food processor.
2. Mix all ingredients together in a medium bowl using an electric mixer, add extra flour if needed.
3. Heat a skillet or large pan over medium heat, spray with cooking spray. Use a ¼ cup scoop to place batter into the pan. Cook until bubbles are rising and popping in the middle of the pancake. Flip and cook second side until golden brown. Remove from heat and repeat until all batter is used.