

Pumpkin Gingerbread Protein Pancakes

Serves 1

Ingredients

2 T coconut flour, sifted (can sub for gluten free or oat flour)
1/2 tsp baking powder
1 scoop vanilla or neutral tasting protein powder (optional)
1/2 tsp ginger
1/2 tsp cinnamon
1/2 tsp nutmeg
1/4 tsp sea salt
1-2 T granulated sweetener of choice
2 egg whites (for a vegan option, substitute for 1 flax egg- 1 T flax + 3 T water)
1/2 tsp vanilla extract
1/4 cup pumpkin (not filling)
1 T - 1/4 cup dairy free milk
Molasses, maple syrup and butter, for topping (Optional)

Instructions

- 1 In a large mixing bowl, sift the coconut flour, protein powder and baking powder to avoid clumps. Add in the spices, sweetener and salt and mix well.
- 2 In a small bowl, whisk the egg whites (or flax egg) with the vanilla extract. Add this to the dry mixture and stir until a dough like consistency. Add in the pumpkin and slowly add the milk one tablespoon at a time until a thick batter is formed.
- 3 Heat a frying pan on low heat and spray with cooking oil. Once pan is extremely hot, pour 1/4 cup servings of the batter and cover. Once bubbles appear and the edges go brown, remove cover, flip the pancakes and cover again for approximately 1 minute. Repeat until all the batter is used.
- 4 Allow pancakes to cool slightly and top with butter, maple syrup and molasses.

Notes

* The amount of milk you use depends on the brand of coconut flour and protein powder used.

If you don't use protein powder, add an extra tablespoon of flour.

If you use an unsweetened protein powder, add a T of sugar or sweetener of choice.

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