

# Healthy Pumpkin Pancakes (Gluten-Free)

## Ingredients

1/4 cup pumpkin puree  
3 tbsp almond milk  
1 tbsp honey  
3 eggs  
1 tbsp coconut oil, melted, plus additional for pan  
1 tsp vanilla  
1/4 cup coconut flour  
1 tsp cinnamon  
Pinch of nutmeg  
1/2 tsp salt  
1/4 tsp baking soda

## Instructions

- 1 In a large bowl, whisk together the dry ingredients – the coconut flour, cinnamon, nutmeg, salt, and baking soda. Then in a separate bowl, whisk together the wet ingredients – the pumpkin puree, almond milk, honey, eggs, oil, and vanilla. Add the dry ingredients to the wet ingredients. Stir together until just combined.
- 2 Heat a griddle or non-stick skillet to medium heat. Coat pan with coconut oil. Pour about 1/4 cup of batter onto the skillet. Cook for 2-4 minutes until the bottom is cooked through, and then flip. Cook for another 2-4 minutes until lightly browned. Repeat with remaining batter. Serve warm and enjoy!

## Notes

Servings: 7 small pancakes

Difficulty: Medium

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