

# Pumpkin Pancakes



*By Dana Brandt-Tinker*

## **INSPIRATION**

Fall is my favorite time of year. Warm fuzzy sweaters, scarves, maple syrup, hot chocolate and all things pumpkin. I enjoy making these and freezing some, if they don't all get eaten first, to pull out for those nice relaxing weekend mornings. I recommend enjoying it with a cup of Throat Coat Tea by Traditional Medicinals. It's heaven.

## **INGREDIENTS**

- 8 eggs (farm fresh)
- 1 cup pumpkin puree (Farmers Market brand)
- 2 tsp alcohol-free vanilla flavoring (Frontier Co-op brand)
- 2 TBSP maple syrup (Grade A- Very Dark/ Strong)
- 1/2 tsp baking soda
- 1 TBSP Ceylon Cinnamon
- 1/2 tsp ground cloves
- 1/2 teaspoon ground allspice
- 1/2 tsp ginger
- Butter (Kerrygold brand) to grease your skillet. Additional to go on top of your pancakes.
- Mashed banana (optional)
- Up to 6 TBSP of coconut flour (Anthony's brand)

## **DIRECTIONS**

1. In a mixing bowl combine eggs, pumpkin puree, vanilla flavoring, maple syrup, baking soda, cinnamon, clove, allspice and ginger. Thoroughly whisk and scrap down the sides of the bowl when necessary.
2. Whisk one tablespoon at a time of coconut flour into the batter to make a thick consistency. Use up to 6 tablespoons. Give enough time between adding an additional tablespoon of coconut flour because it absorbs liquid.
3. Melt 2-3 tablespoons of butter in a large skillet over medium heat. Make sure the bottom is evenly covered.
4. Scoop out 1/4 cup of batter and place in a skillet. Use a spatula to help spread out the batter into a circle.
5. Cook 3-4 minutes per side on medium heat until the edges bubble.
6. Melt more butter into the skillet when necessary as you are cooking the remaining pancakes.
7. Top with more butter, more maple syrup, a mashed banana, and or a dash of more ceylon cinnamon.