



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Pumpkin Pancakes MAKES 20 med pancakes

CATEGORY Breakfast PREP TIME 10 min COOK TIME 30 min

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE (uses natural sugars)

GLUTEN FREE

DAIRY FREE

INGREDIENTS

1 1/2 cups whole wheat flour
2 tbs brown sugar
3 1/2 tsp baking powder
2 1/2 tsp pumpkin pie spice
1 tsp salt

1 large egg
1 tsp vanilla
1 cup pumpkin puree
1 3/4 cup milk
3 tbs melted butter

DIRECTIONS

1. Preheat your griddle to a medium high heat.
 2. In a large bowl, whisk together your dry ingredients until well combined.
 3. In a separate bowl, whisk together your wet ingredients until well combined.
 4. Pour the wet ingredients over the dry ingredients and stir until well combined batter forms.
- TIP :** Once well combined, stop stirring and do not stir again.
5. Let batter sit undisturbed for a few minutes to rest.
 6. Butter your griddle before ladling batter onto griddle to form approx 4 inch rounds.
 7. Let cook until underside is golden brown, approx 5-8 min, then flip and repeat.

TIP : Butter the griddle between each round of pancakes.

MY NOTES
