

Pumpkin Pancakes

makes about 24 pancakes

Ingredients:

1 cup oat flour
1/2 c. whole wheat pastry flour
1/2 c. unbleached all-purpose flour
1/2 T. ground cinnamon
1 t. ground ginger
1/8 t. ground nutmeg
1/16 t. (a pinch) ground cloves
2 t. baking powder
1/2 t. baking soda
1/2 t. fine sea salt

2 c. oat milk (or veggie-based milk of your choice)
3 T. pure maple syrup (or agave syrup)
1 t. vanilla extract
1 T. apple cider vinegar

1 c. canned pureed pumpkin



Directions:

In a medium bowl, combine all of the wet ingredients and then add in the pumpkin puree and mix until smooth. Set aside. Combine all dry ingredients in a large bowl using a wire whisk. Create a well in the center of the dry ingredients.

Preheat a griddle or a large stovetop pan to medium heat over a large burner.

Whisk the wet ingredients into the dry ingredients, pouring the wet into the well previously created and mixing from the center out. Do not over-mix, but make sure that the dry ingredients are incorporated. The idea is to pull the batter together with as few strokes as possible. (over-mixing will produce flat and fluffless pancakes)

Spray your heated surface lightly with cooking spray and, if it smokes a little or immediately shimmers, you are ready to pour batter. If the oil has no reaction to the pan, wait a couple minutes for it to get hot enough before pouring.

Pour pancakes, well spaced, and wait to flip until the edges begin to look dry. Cook until both sides are browned. If the cook surface is as hot as you are used to when cooking pancakes, you are likely to burn these. There are more sugars in this batter due to the pumpkin puree and they need to cook low and slow. Medium heat is best.

About the recipe... We LOVE these with apple butter, but maple syrup is divine as well!