



Pumpkin Pancakes



prep time
10 minutes



total time
18 minutes



servings
2-3

Ingredients

- 1 1/2/120 grams cup old fashioned oats
~ 3 carb servings
- 1 cup egg whites ~ 8 protein servings
- 1 cup/240 grams cottage cheese
~ 4 protein servings, 2/3 fat servings
- 1/2 cup pumpkin ~ 1/2 veggie serving
- 2 teaspoon baking powder
- 2 teaspoon pumpkin pie spice
(combine 3 tbsp. ground cinnamon,
2 tsp. ground ginger, 2 tsp. Nutmeg,
1 1/2 tsp. ground allspice, 1 1/2 tsp.
ground cloves. Will make more than
you need for this recipe)
- 1/2 teaspoon cinnamon

Instructions

- 1 Add oats, egg whites, cottage cheese, pumpkin, baking powder, pumpkin pie spice and cinnamon into a blender and process until the batter is relatively smooth.
- 2 Heat pan or griddle to low-medium heat and spray with nonstick cooking spray.
- 3 Once hot, scoop out about a quarter cup of batter at a time and pour onto the pan.
- 4 Cook until little bubbles form and the edges of the pancakes are solid enough to put a spatula underneath, about 4-6 minutes. Flip the pancakes and cook for one to two additional minutes.



- 5 For serving, place pancakes on each plate and drizzle with maple syrup and/or nut butter (not included in breakdown).

Whole Recipe Breakdown:
12 Servings Protein
3 Servings Carb
2/3 Serving Fat
1/2 Serving Veggies