



Turmeric Pumpkin Pancakes

5 servings
30 minutes

Ingredients

- 1 cup Pureed Pumpkin
- 1 1/2 cups Almond Flour (or almond meal)
- 1/2 cup Protein Powder
- 1/3 cup Arrowroot Powder
- 1/4 tsp Sea Salt
- 2 tsp Turmeric (more or less to taste)
- 1 tsp Baking Powder
- 2 tbsps Coconut Oil
- 4 Large Eggs

Nutrition

Amount per serving	
Fat	23g
Carbs	20g
Fiber	6g
Sugar	3g
Protein	15g

Directions

- 1 Add all the ingredients to the large bowl of your mixer. Blend until you get a smooth thick mixture (you could also use a blender for this part). If you prefer a thinner pancake, add 1-2 tbsps of water or non-dairy milk to the mix. It should be a smooth but fairly thick batter.
- 2 Add any optional ingredients if desired (see in the notes below).
- 3 In a skillet, melt some coconut oil over medium heat. Add a scoop of the mix (about 1/4 cup). Using the back of a spoon, spread the mixture to form a small round pancake (approx. 4 inches in diameter). Cook until the top starts to look a little firm. Flip over to cook the other side. Approximately one minute per side. Lower heat if needed.
- 4 Repeat with the rest of the mixture.
- 5 Top with your favourite ingredients (depending on whether you are doing savoury or sweet).

Notes

Make It Sweet: For a sweet version, add some of these to the batter: maple syrup, cinnamon, vanilla, nutmeg, orange zest, cocoa powder, blueberries, etc.

Make It Savoury: For a savoury version, add some of these to the batter: garlic powder, herbs, spices, pepper, nutritional yeast, olives, sun-dried tomatoes, etc.

Suggested Sweet Toppings: Fresh berries, sliced bananas, almond or nut butter, seeds (ground or whole), nuts, dark chocolate chips, coconut yogurt.

Suggested Savoury Toppings: Salsa, sliced avocados, hummus, fried onions, garlic, mushrooms, tomatoes, fresh herbs.