

# “NUTTY” SPICED PUMPKIN PANCAKES

*Makes about 30 mini pancakes or 7-8 classic pancakes*

## **INGREDIENTS:**

- 1 C. + 2 T. favorite gluten-free flour (used for this recipe: 1/3 c. + 2 T. sorghum + 1/3 C. buckwheat + 1/3 C. tapioca starch)
- 2 T. tapioca starch
- ¾ t. baking powder
- ¼ t. sea salt
- ½ t. pumpkin pie spice
- ½ C. Enjoy Life Foods Not Nut! Seed and Fruit Mix, Beach Bash
- ¾ C. rice milk
- 1/3 C. pumpkin puree
- 1 T. flax meal + 3 T. hot water
- 2 T. vegetable oil
- 2 T. cane sugar
- ½ t. vanilla

## **DIRECTIONS:**

1. Mix together the gluten-free flour, tapioca starch, baking powder, sea salt, pumpkin pie spice and Enjoy Life Foods Not Nuts! Seed and Fruit Mix, Beach Bash.
2. In a separate bowl whisk together the rice milk, pumpkin puree, flax meal/hot water mixture, vegetable oil, sugar and vanilla.
3. Preheat a griddle over medium heat.
4. Mix together the dry and wet ingredients until combined thoroughly. Lightly grease the griddle and then scoop out the batter by tablespoon for mini pancakes or with a ¼ C. measure for a larger pancake. Cook a few minutes on each side until golden brown. Enjoy!