

FUSION

FITNESS STUDIO

NUTRITION PER SERVING:

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| CALORIES | 344 |
| PROTEIN | 15 G |
| CARBOHYDRATE | 45 G |
| TOTAL FAT | 13 G |

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| PREP TIME: | 10 MINUTES |
| COOK TIME: | 5 MINUTES |

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| YIELD: | 2 SERVINGS |
| SERVING SIZE: | 2 PANCAKES |

INGREDIENTS:

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| ½ C | WHOLE WHEAT FLOUR |
| 1/3 C | OAT FLOUR |
| 1 TBSP | COCONUT FLOUR |
| 2 TSP | BAKING POWDER |
| 1 TSP | PUMPKIN PIE SPICE |
| ½ TSP | SALT |
| 2/3 | UNSWEETENED ALMOND MILK |
| ½ C | PUMPKIN PUREE |
| ¼ C | EGG WHITES |
| 1 | WHOLE EGG |
| 3 TBSP | GRANULATED STEVIA (OR PREFERRED SWEETENER) |
| ½ TSP | VANILLA EXTRACT |
| 1 TBSP | COCONUT OIL, MELTED |



PUMPKIN PANCAKES

START THE DAY WITH GREAT TASTING PANCAKES!

- 01 Combine flour, baking powder, pumpkin pie spice, and salt in a large mixing bowl.
- 02 In a separate large mixing bowl, whisk together almond milk, pumpkin, egg, egg whites, stevia, and coconut oil until well blended.
- 03 Slowly stir in the dry mix to the bowl with the wet ingredients and mix until a batter is formed. Let the batter sit for about 5 minutes.
- 04 Coat a large skillet with non-stick cooking spray and put over medium heat.
- 05 Using a measuring cup, pour approximately 1/4 cup batter into the pan for each pancake. Cook pancakes until the edges are firm and you see bubbles covering the surface. Flip and cook an additional 2 minutes or so until both sides are golden brown. NOTE: if you notice that your pancakes start to get too dark, lower the heat as you continue to cook.
- 06 Repeat this process (including coating the pan with spray) until you have used all the batter. Serve with your favorite sugar free syrup. Enjoy!