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## **Paleo Pumpkin Pancakes**

Prep Time: 5 min. Cook Time: 30 min.

Serving size: 2 pancakes

Makes approximately 6 servings

### **Ingredients**

1 cup pumpkin puree  
2/3 cup canned full-fat coconut milk  
3 eggs  
1/4 cup maple syrup  
1 tsp vanilla extract  
7 tbsp coconut flour  
1/4 cup arrowroot flour  
2 tsp pumpkin pie spice  
1/2 tsp cinnamon  
1 tsp baking soda  
Pinch of salt

### **Instructions**

1. In a large bowl, whisk together the pumpkin puree, coconut milk, eggs, maple syrup, and vanilla.
2. In a separate bowl, combine the coconut flour, arrowroot flour, pumpkin pie spice, cinnamon, baking soda, and salt.
3. Blend the dry mixture into the wet mixture until fully combined. The batter will be thicker than regular pancake batter.
4. Heat a frying pan to med or med-low heat and grease well. Scoop about 1/4 cup of batter for each pancake. Since the batter is thick, use the back of a spoon to spread it out and create a round shape.
5. Cook until each side is deep golden brown. These take longer to cook than regular pancakes, so I recommend using a large pan or a flat grill to cook multiple pancakes at once.

**Note:** Canned full-fat coconut milk separates. Blend the coconut cream and coconut water to create a creamy consistency before using.

