



## Pumpkin Spice Protein Pancakes

### Ingredients

- Whey protein (vanilla flavor) 2 scoops
- Oat flour 1 1/4 cups
- Egg whites 4
- Almond milk (unsweetened) 1 1/2 cup
- Pumpkin puree (raw) 1/2 cup
- Baking powder 1 tbsp
- Sweetener (Truvia, Splenda, etc.) 2 tbsp
- Allspice 1/4 tsp
- Cinnamon 1 tbsp
- Nutmeg 1/4 tsp
- Salt 1/2 tsp

### Directions

1. Mix all the dry ingredients
2. Add all the wet ingredients
3. Spray griddle with non-stick butter spray.
4. Scoop batter with a 1/4 cup measuring cup onto griddle. Cook 3-5 minutes on a side.
5. Enjoy!