

## Pumpkin Pie Pancakes



Mix dry ingredients in a bowl.

- 2 cups Breakfast flour
- 2 Tbsp. Sucanat (I have been able to find this in the bulk section of my Health Food Store)
- 2 tsp. cinnamon
- 2 tsp. pumpkin pie spice mix
- 1 tsp. Real salt
- 2 tsp. baking powder

In a separate bowl mix all the "wet" ingredients.

- 2 cups pumpkin puree
- 1 cup kefir (or 1/2 cup yogurt and 1/2 cup water or milk)
- 1 tsp. vanilla
- 3 Tbsp. coconut oil (I keep mine in a pint jar and sit in a pot of hot water to melt)
- 2 eggs

Gently mix the dry ingredients into the wet ingredients until combined. Spoon onto griddle and cook until firm around the edges, flip and continue cooking until done. Serve with applesauce syrup or whipped cream (which makes it taste more like a pumpkin pie).

### **Applesauce Syrup**

Place the following ingredients in a high powdered blender, I use a Blendtec.

- 2 Tbsp. coconut oil
- 1/4 cup sucanat
- 1 1/2 cups applesauce
- 1/2 cup cashews or other nuts

Blend on the soup setting, it should have a creamy look and texture. I have never made this in a regular blender but I'm thinking it will not be able to reach the creamy texture so expect it more chunky than what is pictured if using one.