



Pumpkin Pecan Pancakes (regular)

Ingredients

¾ cup	all-purpose flour
1 tsp.	baking powder
¼ tsp.	baking soda
½ tsp.	cinnamon
1/8 tsp.	ground ginger
Pinch	ground cloves
1 tsp.	salt
¼ cup	chopped pecans
1 large	egg
½ cup	maple syrup
¾ cup	almond milk
½ tsp.	vanilla
½ cup	canned pumpkin



Directions

In small mixing bowl, mix all dry ingredients together with wire whisk. Make a well in center of bowl. Add all liquid ingredients including pumpkin. Stir until well blended. Spray griddle with a non-stick cooking spray and when griddle is medium hot, pour ¼ cup batter for each pancake. Wait till pancake starts to bubble and become firm, then flip. When center springs back slightly when touched with finger, then it is ready. Make sure griddle is not too hot as pancake will burn. Pancakes will be golden, soft, light and fluffy. Serve with pure maple syrup.

Yields: 8- 4-inch pancakes