

# Pumpkin Pancakes with Pumpkin Spiced Whipped Cream



**Plan Z Phase:** This is a Z3.5 (ZReboot 3.5) recipe. Hot off the Griddle. “Zolafied” pancakes. Dieter Joan sent me her family recipe for pumpkin pancakes. They are a favorite with her family. She asked me if I could do a “healthy version” of pumpkin pancakes that she can serve at the holidays and keep her family full and satisfied as well as healthy. So here it is!

**Servings:** This makes 12, 4” pancakes. The carbohydrate count will be very low on these cakes. They fill you up too. If you want your kids “full and focused” before school give them these instead of cereal.

## **Ingredients:**

- 2 cups of Super Fine Ground almond flour (Bob’s Redmill is the most popular brand)
- 4 eggs
- $\frac{1}{2}$  cup of water
- $\frac{1}{4}$  tsp of grated sea salt
- 3 tsp of Truvia (stevia)
- 3 tsp of pumpkin pie spice

- 2 tsp of baking powder
- 1 tsp of baking soda
- 1 cup of pumpkin pie puree (the stuff from the can works great)
- coconut oil or butter for cooking

### **Instructions:**

Put all of the ingredients in a large bowl. Mix with your electric mixer on medium high for a full 30 seconds. Scrape the bowl and mix a bit again.

Many pancake experts recommend you let the pancake mix sit for 15 minutes before you make the pancakes. This allows the active ingredients to do their job. I let this batter sit too.

Then just before grilling the pancakes I gave it one more 5 second swirl with my electric mixer.

You have a couple of options for grilling. I used my electric fry pan. That's my favorite or you can do them on your stove. Electric fry pan temp should be 400 degrees. On the stove medium-medium high.

For oils. First batch I did with coconut oil. Works great. Second batch I did with butter. Works equally as well. Your choice.

The batter will be a bit thicker than regular pancake batter. When I put the batter on the surface I had to nudge it around a little to help it spread. You could add a bit more water if you want your batter thinner.

The pancakes will not bubble like normal ones so just watch for them to be golden brown on the bottom and then gently flip them. They do puff up like regular pancakes.

Leftovers can keep in zipper bags in the refrigerator and reheated.

Serve with **Pumpkin Spiced Whipped Cream**

**Ingredients:**

- 1 cup of whipping cream
- 2 tsp of vanilla
- 1 tsp of pumpkin pie spice

**Instructions:**

Mix with your mixer until stiff peaks form; just like regular whipped cream. Serve this on your pancakes instead of syrup. Or if you want some syrup just do a teeny bit; like a capful. And use REAL maple syrup. No diet syrup. A bit of the real stuff is better for you. I served mine with the whipped cream and a very teeny drizzle of syrup. It was WAY YUMMY!

Enjoy!

Cheers,