

Pumpkin Oatmeal Pancakes

vegan, dairy-free, gluten-free

Recipe by Jentry Lee Hull

Yields about 20 pancakes

Ingredients

- 1 cup Almond Flour *
- 3 cups Oat Flour (use gluten-free if needed)*
- 2 Tbsp Baking Powder
- 1 tsp pink Himalayan Salt (or fine kosher salt)
- 2 tsp Cinnamon
- 2 ripe spotted bananas mashed
- 1/2 cup pure Pumpkin Puree (I used [Farmer's Market](#))*
- 3 Tbsp Coconut oil, melted
- 2 Tbsp Maple Syrup
- 1 Tbsp Pure Vanilla Extract
- 2 Tbsp Chia Seeds
- 20 fl oz. (2 1/2 cups) Unsweetened Plain Plant Milk (I used [Ripple Unsweetened Original](#), available at most grocery stores)*

Method

- In a large mixing bowl, combine almond flour, oat flour, baking powder, salt, and cinnamon.
- In a separate bowl, combine mashed bananas, pumpkin puree, melted coconut oil, maple syrup, vanilla extract, chia seeds and plant milk.
- Stir wet ingredients until thoroughly mixed, slowly combine into large mixing bowl with dry ingredients.
- Mix by hand or with standing mixer.
- Mixture should be slightly runny. Within a couple minutes the oats will start to absorb the moisture, so it will begin to thicken slightly.
- Once mixture is ready, heat nonstick pan or flat griddle over medium heat.
- Test readiness of griddle by splashing a few drops of water. If the water dances on the surface, it's ready to go.
- Using a 1/3 cup measuring cup, spoon mixture onto griddle and cook batter until bubbles start to form around the edges (about 2 minutes).

- Flip with a silicon spatula (not metal) and cook for another 2 minutes, or until golden brown on both sides.
- Continue this process until all batter is used.
- Top pancakes with fruit (berries and sliced banana), sliced almonds or almond butter, hemp hearts (for extra protein and omegas), maple syrup, or any other toppings that speak to you.
- This recipe yields about 20 pancakes, so any leftovers can be stored in the fridge for up to 5 days or frozen for up to 2 months.
- To reheat leftovers, a toaster oven works best.

Notes

- If almond flour isn't available, try almond meal (available at most grocery stores).
- Oat flour is easy to make at home and it's much more economical than buying already made. Just blend rolled oats (use gf if needed) in a blender or food processor until finely ground.
- Pumpkin puree can be swapped for sweet potato puree.
- Plant milk consistencies vary, depending on the ingredients. Any plant milk can be used for this, but I recommend milks with a thicker mouthfeel (Ripple milk, which is made from peas, works well. So does soy milk).
- Nutrition facts listed below do not include additional toppings.

Nutrition Facts

Servings 20.0

Amount Per Serving

calories 171

% Daily Value *

Total Fat 6 g **9%**

Saturated Fat 2 g **11%**

Monounsaturated Fat 1 g

Polyunsaturated Fat 1 g

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 153 mg **6%**

Potassium 210 mg **6%**

Total Carbohydrate 26 g **9%**

Dietary Fiber 6 g **24%**

Sugars 4 g

Protein 6 g **12%**

Vitamin A **15%**

Vitamin C **2%**

Calcium **11%**

Iron **11%**

* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.