



Pancakes

Ingredients:

- 1 cup of Pumpkin Puree (I use Butternut Pumpkin)
- 1 cup Finely Ground Almonds
- 5 eggs
- 2 teaspoons cinnamon
- Ghee (Clarified Butter) or coconut oil for frying

Method:

Separate the egg yolks from the whites and place the whites in a mixing bowl. Using an electric mixer, beat the whites until they're light and fluffy.

In a separate bowl mix the ground almonds, pumpkin puree and cinnamon together then fold in the beaten egg whites until you have a nice fluffy mixture.

Generously grease the pan with some home made ghee or coconut oil then drop in pancake mixture.

You may find it takes awhile for each side to cook and brown but be patient, the end result is yummy and the kids will love it.

I serve with a little drizzle of honey and a dusting of cinnamon.

Additional Options when allowed:

Add in some frozen blueberries, mashed banana or grated apple for something different