



Flourless Pumpkin Pancakes



Entire recipe: 169 calories, 4g total fat (0.5g sat. fat), 420mg sodium, 16g carbs, 6.5g fiber, 4.5g sugars, 19.5g protein

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Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

1/4 cup powdered peanut butter
1 packet natural no-calorie sweetener (like Truvia)
1/2 tsp. baking powder
1/4 cup canned pure pumpkin
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
1/4 tsp. vanilla extract

Seasonings:

1/2 tsp. cinnamon
1/4 tsp. pumpkin pie spice
Optional toppings: lite pancake syrup, light butter

Directions

In a medium bowl, mix powdered peanut butter, sweetener, baking powder, cinnamon, and pumpkin pie spice. Add pumpkin, egg, and vanilla extract, and stir until uniform. (Batter will be thick.)

Bring a large skillet sprayed with nonstick spray to medium heat. Add batter to form three medium pancakes (about 1/4 cup each). Cook until solid enough to flip, about 2 minutes. Gently flip, and cook until both sides are lightly browned and the inside is cooked through, about 2 minutes.

MAKES 1 SERVING

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