



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

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

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



Tagged: [Breakfast Recipes](#), [Vegetarian Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.