



Pumpkin Spice Pancake Poppers



1/6th of recipe (4 poppers): 116 calories, 2g total fat (0.5g sat fat), 325mg sodium, 18.5g carbs, 2.5g fiber, 1g sugars, 4g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 10 minutes **Cook:** 10 minutes



Tagged: [Breakfast Recipes](#), [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

1/2 cup all-purpose flour
1/2 cup whole-wheat flour
4 packets no-calorie sweetener
1 tsp. baking powder
1 tsp. cinnamon
1 tsp. pumpkin pie spice
1/2 tsp. baking soda
1/4 tsp. salt
2 tbsp. light butter
2/3 cup unsweetened vanilla almond milk
1/2 cup canned pure pumpkin
1/4 cup egg whites (about 2 large) or fat-free liquid egg substitute
2 1/2 tsp. vanilla extract
Optional topping: lite or sugar-free pancake syrup

Directions

Preheat oven to 350 degrees. Spray a [24-cup mini muffin pan](#) with nonstick spray.

In a large bowl, combine both types of flour, sweetener, baking powder, cinnamon, pumpkin pie spice, baking soda, and salt. Mix well.

In a medium microwave-safe bowl, microwave butter for 15 seconds, or until melted. Add almond milk, pumpkin, egg whites/substitute, and vanilla extract. Mix until smooth and uniform. Add this mixture to the large bowl, and mix until uniform.

Evenly distribute batter among muffin cups, and smooth out the tops. Bake until a toothpick inserted into the center of a popper comes out clean, about 10 minutes.

MAKES 6 SERVINGS

[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**.