



## 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

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



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### 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

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