

Pumpkin Protein Pancakes

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Do you crave something pumpkin-flavored throughout the year like I do? Forget about a sugary pumpkin spiced latte and go for these wholesome pumpkin protein pancakes instead! Not only do they have a lot less sugar and fat than a usual PSL, they are also **packed with 22 grams of protein!**

Containers

$\frac{1}{2}$ Purple

$\frac{1}{2}$ Red

2 Yellows

INGREDIENTS

- 1 cup pumpkin puree

- $\frac{1}{4}$ cup unsweetened almond milk
- 3 large egg whites ($\frac{1}{3}$ cup)
- 1 tsp . pure vanilla extract
- 1 cup quick cooking oats
- 1 scoop whey protein powder , vanilla flavor
- $\frac{1}{2}$ tsp . ground cinnamon
- $\frac{1}{2}$ tsp . ground nutmeg
- 1 tsp . baking powder
- Nonstick cooking spray
- 2 Tbsp . reduced fat (2%) plain Greek yogurt

INSTRUCTIONS

1. Combine pumpkin, almond milk, egg whites, and extract a medium bowl; whisk to blend. Set aside.
2. Combine oats, protein powder, cinnamon, nutmeg, and baking powder in a medium bowl; mix well.
3. Add oat mixture to pumpkin mixture; mix until just blended.
4. Heat large nonstick skillet lightly coated with spray over medium heat. Ladle about $\frac{1}{4}$ cup batter for each pancake; cook for 2 to 3 minutes, or until bubbles form on top. Flip. Cook for 90 seconds, or until golden brown and cooked through.
5. Divide pancakes between two serving plates; top evenly with yogurt.

ENJOY!