



Sparkle Kitchen

Pumpkin Ginger Pancakes (makes 10-12 small pancakes)

Ingredients

1 cup flour (we used King Arthur Gluten Free flour mix, and added 1/4 cup more)
2 teaspoons baking powder
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. ground ginger
1/4 tsp. salt
2 tablespoons maple syrup
1 cup milk (we used unsweetened almond milk)
1 teaspoon vanilla
2 tablespoons melted butter
1 large egg
1/2 cup canned pure pumpkin
1/2 cup mashed banana (about 1 large)

Directions

In a large mixing bowl, whisk together the flour, baking powder, salt and spices. In a separate bowl, mix the milk, maple syrup, vanilla, melted butter and egg with an electric mixer. Add in the pumpkin and mashed banana, and mix until well combined.

Over medium heat, melt some butter or oil on a skillet or heavy pan. Using a small ladle or 1/4-cup measuring cup, scoop batter onto hot pan. Cook until bubbles begin to appear on top of the pancake, then flip and cook until golden on both sides, about 2-3 minutes per side.

Serve warm with maple syrup!

Enjoy!