



Pumpkin Oat Pancakes

Ingredients:

$\frac{3}{4}$ cup pureed pumpkin (homemade or canned)
2 large eggs
 $\frac{2}{3}$ cup milk of choice
2 tsp vanilla extract
1 Tbsp maple syrup
1 $\frac{1}{2}$ cups old fashioned rolled oats
2 tsp baking powder
1 tsp cinnamon
1 tsp pumpkin pie spice
 $\frac{1}{4}$ tsp salt

Directions:

1. Add all of the ingredients to a blender and blend on high until smooth, about 30-60 seconds.
2. Heat a non-stick skillet to medium. When the skillet is hot, drop $\frac{1}{4}$ cup dollops of batter about 1" apart. Cook uncovered until bubbles appear and the edges of the pancakes look dry. Flip the pancakes and continue to cook another 3 minutes. Serve topped with Maple Cream and sliced bananas.

Maple Cream

1 pint of nonfat Greek yogurt
 $\frac{1}{4}$ cup pure maple syrup

Whisk the yogurt and syrup until smooth.