

C's Pumpkin Pancakes

Recipe by C-

This recipe makes: ten 3 carb unit /1 unit protein pancakes
using 1/3 cup batter per pancake

Ingredients:

1 cup all purpose flour
1 cup whole wheat flour
2 scoops MRM Vanilla Low-Carb Protein Powder
1/2 cup Splenda-Sugar Blend
1/2 tsp. salt
2 1/2 tsp. baking soda
2 tsp. baking powder
1/2 tsp. cinnamon
1/2 tsp. vanilla extract
3/4 cup egg replacement
8 oz. low-fat plain yogurt
1 cup low-fat milk
1 cup pumpkin, canned

Pre Heat Griddle to low-med (325°)

Directions:

Step 1:

In a large bowl, whisk together the first 8 ingredients (thru the cinnamon). Make a well in the center of the bowl. Set aside.

Step 2:

In a separate bowl, whisk together the remaining ingredients (vanilla thru pumpkin).

Step 3:

Pour the egg mixture into the well of the flour mixture and stir until just blended.

Lightly spray your griddle with canola oil. Use a 1/3 measuring cup and cook the pancakes for about 4 - 6 minutes, flipping after 3 minutes.

Nutrition Information:

1 pancake = 1/3 cup batter
8 grams protein
20.5 grams carbohydrates
>1 grams fat