



Pumpkin Pancakes With Berry Compote



Estimated Time: 30 minutes

Nutrition Per Serving

8 servings (serving size: 2 pancakes)

Calories	204
Protein	4g
Total Carbohydrates	36g
Sugar	18g
Fiber	3g
Total Fat	5g
Saturated Fat	1g
Polyunsaturated Fat	1g
Monounsaturated Fat	3g
Cholesterol	47mg
Minerals	
Sodium	203mg
Potassium	197mg
Phosphorus	84mg
Calcium	130mg

Recipe provided by
Chef JJ Johnson

Ingredients

- 1 ½ cups all purpose flour
- 1 ½ Tsp baking powder
- ½ Tsp baking soda
- 1 Tsp ground cinnamon
- 1 Tsp ground ginger
- ½ Tsp freshly grated nutmeg
- 1 cup pureed pumpkin
- 1 cup unsweetened rice milk (more as needed) or other non-dairy milk of your choice
- 2 eggs
- 2 Tbs neutral oil
- 1 Tsp vanilla extract
- 2 Tbs pure maple syrup

Directions

1. In a small mixing bowl whisk flour, baking powder, baking soda, cinnamon, ginger and nutmeg.
2. In a large mixing bowl, whisk pumpkin, rice milk, eggs, oil, vanilla and maple syrup.
3. Add the dry ingredients to the wet ingredients and stir gently.
4. Heat a large frying pan or griddle over medium-high heat.
5. Pour ¼ cup of batter into hot pan, repeat without crowding, leaving room for the pancakes to spread. When the pancakes are dotted with bubbles, flip with a spatula and cook until golden on both sides.

Serve With Berries:

- 1 cup blueberries
- 1 cup blackberries
- 1 cup strawberries
- 1/3 cup pure maple syrup (not imitation)

Mix all berries with maple syrup and pile on top of pancakes. Sprinkle with toasted pumpkin seeds. Toast pumpkin seeds to taste.

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