

Pumpkin Pancakes

Serves 4

Ingredients

- ½ Pumpkin, approximately
- 1 pinch Turmeric
- 1¾ cups Rice milk, or almond milk
- ¼ cup Maple sugar
- 2 large Organic eggs
- 1½ cups Quinoa flour
- 2 tsp Baking powder
- ½ tsp Ground cinnamon
- ½ tsp Ground ginger
- ½ tsp Flaky sea salt
- 2 Tbsp Coconut oil



To serve

- 3 Tbsp maple syrup
- ½ cup pecans
- 3 Tbsp yoghurt (or coconut yoghurt for DF)

Method

1. Remove the skin from the pumpkin and chop it roughly. Put it in a large saucepan with water to cover. Add the turmeric and cook until soft. Drain the pumpkin. Measure out enough for 1 cup. Mash using an electric mixer.
2. Add the rice or almond milk, maple syrup and eggs. Beat on medium speed until smooth.
3. Whisk together the quinoa flour, baking powder, cinnamon, ginger and salt. Make a well in the centre and gradually pour it in to the pumpkin and milk mixture. Mix the ingredients by hand with a wooden spoon or with the mixer on low speed, just until everything is evenly blended.
4. Grease a skillet or frying pan with a tablespoon of the coconut oil over medium heat. Pour ¼-cup portions of the batter into the skillet, 2 at a time. Flip them over when bubbles begin to rise to the surface of the pancake and the underside is golden brown. Cook for 20 to 30 seconds on the second side, or until the centre springs back when pressed. Continue in this manner until all the batter has been used.
5. Serve a stack of pancakes for each person. Put a portion of the pecans in the centre of the top pancake and spoon some of the maple syrup over them.
6. Serve with a dollop of coconut yoghurt (recipe in *Dr Libby's Real Food Chef*).

Recipe created by Dr Libby, from <https://www.bite.co.nz/recipe/8505/Pumpkin-pancakes/>