

# Planting Tomorrow's Radio Show

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## PUMPKIN PANCAKES

(Can also substitute Pawpaw fruit puree for a change)

Makes 12-16 pancakes

- 1 CUP Organic All Purpose Flour
- 1/2 CUP Pumpkin puree (or Pawpaw fruit puree)
- 1 TBS Honey or Organic Cane Sugar
- 1 CUP Rice or Almond Milk (can use dairy milk if you prefer)
- 2 Eggs (organic or free range if possible)
- 2 TSP Baking Soda
- 1/4 TSP Sea Salt (less if on lowso diet)
- 1/2 TSP Ground Cinnamon
- 2 TBS Vegetable Oil

1. Combine dry ingredients and spices in a bowl
2. In a second bowl, whisk together, pumpkin p puree, egg yolks, milk and vegetable oil
3. Stir wet ingredients into dry ingredients
4. Use a mixer to beat egg whites until peaks form...Then, fold them into the batter
5. Pour 1/4 cup of batter onto a greased griddle and cook until golden brown
6. Top with your favorite fresh fruit and pure maple syrup

A sweet and nutritious treat for Saturday mornings!