Pumpkin Pecan Pancakes

Ingredients:
• 1 cup white whole wheat flour
• 2 tsp baking powder
• ¼ tsp salt
• ½ tsp cinnamon
• 1 tsp pumpkin pie spice
• 1 cup buttermilk
• 3 large egg whites

• ¼ cup canned pumpkin
• 2 Tbsp pure maple syrup
• 1 tsp vanilla
• 2 tsp oil
• 3 Tbsp chopped pecans
• Cooking spray
• Warmed maple syrup, for topping (extra)

Yield: 4 servings

Directions:
1. Mix all dry ingredients (first five ingredients) in a bowl.
2. Combine buttermilk, egg whites, canned pumpkin, 1 Tbsp maple syrup, oil and vanilla in a bowl and mix until smooth.

(continued)
3. Combine wet ingredients with the dry and mix well with a spoon until there are no more dry spots, then fold in pecans. Don’t over-mix.

4. Heat a large skillet on medium-low heat. Spray oil to lightly coat and pour $\frac{1}{4}$ cup of pancake batter. When the pancake starts to bubble and the edges begin to set, about 2 minutes, then flip the pancakes and cook an additional $1 \frac{1}{2} - 2$ minutes. Repeat with the remainder of the batter. To serve, top with warmed maple syrup.

**Nutrition Facts:** (per serving/2 pancakes)
- Calories: 234
- Fat: 8g
- Sodium: 497mg
- Total Carbohydrates: 31g
- Dietary Fiber: 4g
- Protein: 10g

Source: skinnytaste.com