**A plate of food and a cup of coffee

Description automatically generated**

**Pumpkin Whole Wheat Pancakes**

**Ingredients**

* 4 cups white whole wheat flour
* 4 tablespoons raw unfiltered honey
* 2 tablespoons baking powder
* 1 teaspoon salt
* 1 teaspoon baking soda
* 3½ cups milk
* ¼ cup avocado oil
* ½ cup applesauce
* 4 large eggs
* 1 15 oz. can pumpkin

**Instructions**

1. Place all ingredients in a large mixing bowl and blend until smooth.
2. Let batter sit for 5 minutes before using.
3. Preheat 11” square frying pan on medium heat.
4. Pour 1/3 cup batter for each pancake into the pan (4 per pan).
5. Cook for 3-4 minutes.
6. Flip the pancakes and cook for 3-4 more minutes.
7. Remove onto a plate or cooling rack.
8. Repeat with remaining batter.
9. Enjoy!

These may be frozen and then reheated in a toaster.