



INGREDIENTS

- 1 cup Paleo flour blend
- 2 free range eggs
- 1 cup coconut milk
- ½ cup pumpkin puree
- 1/1 cup cup fresh or frozen blueberries
- 1 tsp. cinnamon
- 2 tsp. vanilla extract

Pumpkin Blueberry Pancakes

Makes Approximately 4 Servings

Directions

- Step 1** Combine wet ingredients in a bowl
- Step 2** Whisk in dry ingredients carefully to avoid clumping
- Step 3** Stir in blueberries
- Step 4** Heat greased pan over medium heat.
- Step 5** Pour approximately 1/3 cups of batter per pancake until pan is full
- Step 6** Cook until bubbles form on top of batter and begin to pop, flip and repeat cooking
- Step 7** Serve warm with blueberries and Vermont maple syrup