

Gluten free pumpkin pancakes



- DIFFICULTY: Easy
- PREPARATION TIME: 5 min
- COOKING TIME: 10 min
- PORTIONS: 2 Portions

Introduction:

Pumpkin pancakes are the perfect breakfast to end the best time of the year, autumn! With its colors and flavors it takes away with it a vegetable we all love, the pumpkin!

To make these pancakes, you need the cooked pumpkin. You can steam it or cook it in the oven. Then just blend it, insert it into the dough and mix everything. Simple and quick to be filled as you like.

Don't you love pumpkin in desserts?

No problem, you can also prepare them for dinner, with goat cheese or any lactose free cheese you like, raw ham and walnuts. Just omit the coconut flour and cinnamon, double that of the rice and stuff them with the salty. You will bring to the table an easy dish that everyone will like.

Here's what you need to make Gluten free pumpkin pancakes!

Ingredients:

What do you need:

Tips:

Ingredients:

40 g of Coconut Flour

60 g of Rice Flour

130 g of Pumpkin puree

Q.b Cinnamon powder

140 ml of Egg white

$\frac{1}{2}$ tsp of Bicarbonate + $\frac{1}{2}$ Lemon juice

Filling:

Fresh blueberries

Chestnut Honey

What do you need:

No stick pan

Weight scale

Whip

Bowl

Ladle

Tips:

- Pumpkin pancakes can be stored for 2 days in the refrigerator.
- Once cooked, you can also freeze them, so as to have them ready when you feel like it.
- You can fill them as you like, with fresh fruit such as bananas, blueberries or lactose-free hazelnuts.
- You can use any sweetener if you don't have chestnut honey.
- 1 tsp is equivalent to 1 teaspoon.
- When you add the baking soda and lemon, I recommend letting them react for 10 seconds, before mixing. It serves to have a good leavening effect.

Method:

First, prepare the pumpkin puree by steaming the pumpkin for 10-12 minutes. As soon as it is ready, blend and reduce it to cream.

In a bowl, add egg white, pumpkin puree, cinnamon and flour. Mix until all ingredients are well incorporated. Add the baking soda and lemon, wait a few seconds and then mix.

Cook the pancakes in a non-stick pan for two minutes per side, serve them still hot with some fresh blueberries and chestnut honey.