



Paleo Pancakes

Ingredients:

1/2 can of pumpkin

4 eggs

Seasoning (I like cinnamon or pumpkin spice, maple syrup, a bit of baking soda, and for fats, grass-fed butter, ghee, or coconut oil.)

Directions

1. Mix pumpkin, eggs, spice, a pinch of baking soda, 1 big tablespoon of coconut oil, and maple syrup (to your liking) together in a bowl.
2. Fire up the skillet and lightly coat the surface with butter or coconut oil.
3. Pour, cook, flip, and cook your pancakes
4. Garnish with fruit, such as fresh peaches, berries, or bananas.