

## Pumpkin Pancakes with Coconut Whipped Cream (Whole 30, Paleo)

**Shopping List:** makes about 8 pancakes

- 3 large eggs
- 1/2 cup unsweetened, pure, whole coconut milk
- 1 additional can of pure, whole coconut milk (for the whipped topping)
- 1/2 teaspoon pure vanilla
- 1/2 cup pure pumpkin (not pumpkin pie filling)
- 3 tbsp. ground chia & flax seed powder (ground flax seed, or coconut flour can be substituted)
- 1/2 tsp cinnamon (or more, if you like it as much as I do!)
- 1/2 tsp baking soda
- 1/4 tsp salt
- coconut oil to grease the pan

**Pumpkin Pancakes:** In a large mixing bowl, add in all of the ingredients, except the additional can of coconut milk listed above. Using a **hand mixer**, blend all of the ingredients together.

If you're a traditionalist when it comes to cooking and baking, you can mix together the wet ingredients separate from the dry ingredients first, and then mix them together. My usual motto is why dirty another bowl? I do know that there are times it may effect the outcome of baking so I do try to be careful when I think it matters.

And if you're eating Paleo and not Whole 30, you can add in tablespoon of pure maple syrup, honey, or coconut sugar for sweetness. I omitted any sweeteners to make the recipe Whole 30.

**Coconut Whipped Cream:** Refrigerate a can of whole coconut milk until fully chilled. Overnight would be great just to ensure it is thoroughly chilled. Carefully open the can and scoop out the solids that are at the top of the can.

Using a **hand mixer**, whip the coconut milk until stiff peaks form and serve on top of the pancakes. Note\* the whipped coconut milk will begin to melt immediately if the pancakes are hot!