



Pumpkin Pillow Pancakes

Ingredients

- 1 1/2 cups all-purpose flour
- 1/2 tsp sea salt (fine grind)
- 1 tsp baking powder
- 3/4 cup 2% or homogenized milk
- 1/4 Greek yogurt
- 1/3 cup pure pumpkin purée
- 1 tsp pure vanilla extract
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 3 large egg yolks room temperature
- 3 large egg whites room temperature
- 1/4 cup sugar



Directions:

1. Separate your egg whites from the egg yolks. Set the whites aside. Allow to bring to room temperature
2. In a large bowl, stir together the flour, salt, and baking powder
3. In another bowl, whisk the milk, yogurt, pumpkin, vanilla, and egg yolks just until smooth. Add wet ingredients to the dry and mix until just combined.
4. In another separate bowl, whip the egg whites with a hand mixer or a stand mixer on medium speed. Once the egg whites are beginning to thicken, slowly pour the sugar into the egg whites with the mixer still running. Beat the egg whites to almost stiff peaks. Note: The egg whites MUST be holding stiff peaks, i.e. the whites stand up on the beaters — if not, whip them some more.
5. Add about one quarter of the egg white mixture into the pancake batter and stir it in completely using a rubber spatula. This will lighten the batter and make it easier to fold in the rest of the whites. Add half of the remaining egg whites into the batter and gently fold the whites in, using the rubber spatula, being careful not to deflate the air out of them. Add the remaining egg whites and fold in again gently until there are no visible white streaks.
6. Heat a griddle or skillet over medium heat. Liberally grease the skillet and your baking rings with no stick spray. Pour about 1/4-1/3 cup batter per cake into each ring and gently spread the batter out to a circle with the back of a spoon or measuring cup. Cook for about 2 minutes. Flip the cakes once and cook until lightly browned on the other side. Keep warm in a 200F oven if not serving immediately.
7. Serve with all your favorite toppings: pumpkin pie granola, real spiced whipped cream, maple syrup, spiced jam or whatever you want and enjoy!