

# Tasty Gingerbread Pancakes

Pancakes are fun any time of year, but especially during the holidays when you can add your favorite spices. These gingerbread-style pancakes will fill you up without busting your diet.

## Ingredients

- 1 ¼ cup white whole-wheat flour
- ¼ cup brown sugar
- 1 tablespoon baking powder
- 2 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- ⅛ teaspoon ground cloves
- 1 cup almond milk
- ¼ cup brewed coffee, cold
- 2 tablespoons olive oil
- 2 teaspoons vanilla extract

## Preparation

- Whisk flour, brown sugar, baking powder, ginger, cinnamon and cloves in a medium mixing bowl until the lumps are gone. Then, stir in the other ingredients.
- Heat a nonstick skillet over medium-low heat. Ladle ¼ cup batter onto the pan for each pancake.
- Cook until bubbles appear on the surface of the pancake, about two to three minutes.
- Flip the pancake and cook for another two to three minutes, or until golden brown.
- Consider serving with optional toppings like bananas, walnuts, and maple syrup.

## Nutrition (per serving\*)

Yield: 4 Servings. Calories: 256; Fat: 7.9g; Carbohydrates: 44.7g; Protein: 5.4g; Fiber 5.5g; Sodium 409 mg; Sugar: 13.7g

\*Does not account for nutritional content of optional toppings.



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