

## Protein Pumpkin Sheet Pan Pancakes

Servings: 9    Prep Time: 10 minutes    Cook Time: 30 minutes    Total Time: 40 minutes    Adapted From: Hungry Hobby Blog

### Ingredients:

4 large eggs	2 cups egg whites	1 cup oats
1 cup pumpkin, canned	1/2 cup maple syrup	1 Tbsp. vanilla extract
1 Tbsp. pumpkin pie spice		

### Directions:

1. Preheat oven to 375 degrees F. Spray one 9x13 inch pan with cooking oil.
2. Place all ingredients in a blender and blend until smooth.
3. Transfer batter into greased pan and place in the oven.
4. Bake until pancakes are fully cooked (when an inserted toothpick comes out clean), about 25 minutes.
5. Let stand 10 minutes before serving.

**Nutrition Information per Serving:** 155 calories, 3g total fat, 1g saturated fat, 21g carbohydrate, 10g protein, 2g dietary fiber, 189 mg sodium



### ***Meal Prep Magic: Batch Cook and Freeze!***

Once the pancakes are made, transfer each onto a cookie sheet in a single layer. Place the entire sheet of uncovered pancakes into the freezer until they have frozen solid (takes about an hour). Once flash frozen, you can place them in an air-tight container or freezer storage bag without them sticking together. To re-heat, warm pancakes in the microwave for 30 seconds and enjoy!