

**Sunday Morning Pancakes**  

**The surprise ingredient is puréed squash

Start with a whole grain pancake mix and follow instructions for appropriate proportions... instructions usually call for egg, oil and milk... instead, I use unsweetened almond milk, eggs**

**(omega 3 added) and coconut oil.**

**To your prepared mix add:**

**1/2 a cup of puréed butternut squash**

**1 tsp. Terra’s Table mushroom powder**

**1/4 cup uncooked oats**

**Dark chocolate chips**

**Test the consistency of your batter, add additional ¼ cup pancake mix if needed.**

**(Adjust as necessary) After, pouring batter in the pan, add 4 dark chocolate chips to each pancake before flipping.

Note: Instead of maple syrup, top with a mixture of fresh diced apples and unsweetened applesauce.**

 **Just enough sweetness and chocolate in each bite **

*Creativejuicesconsulting.com © 2017*