

Foods Lab Planning Sheet		Credit to <a href="http://www.scdlifestyle.com">www.scdlifestyle.com</a>	
<b>Pumpkin Pancakes</b>		Oven Temp:	
		Time:	
		Duty:	
<b>Cookery Principles</b>	<b>Nutrition</b>		
<b>Equipment</b>	<b>Ingredients</b>	<b>Method</b>	
	8 eggs 1 cup of canned pumpkin 2 teaspoon pure vanilla extract 3 tablespoons honey 2 1/2 tsp cinnamon 1/2 tsp cloves 1/2 tsp allspice 3/4 tsp nutmeg 1/2 tsp baking soda 2 pinches of sea salt 4 tablespoons coconut oil	<ol style="list-style-type: none"> <li>1. Pre-heat your pan on medium heat with coconut oil.</li> <li>2. Then get a large mixing bowl and start by adding eggs, pumpkin, vanilla and honey. Using a whisk mix thoroughly.</li> <li>3. Add all spices and coconut oil. If the coconut oil isn't liquid then heat it by putting jar in a bowl of hot water to melt. Stir vigorously.</li> <li>4. Using a large spoon drop the pancake batter into hot pan. Make pancakes about 3-4 inches in diameter.</li> <li>5. When you see bubbles starting to come to the surface that's a good sign it's time to flip. Tip - using an oversized spatula is very helpful.</li> <li>6. Serve with butter, yogurt or honey and berries</li> </ol>	
<b>Test for Doneness:</b>			
<b>Standards:</b>			