

PUMPKIN WAFFLES



DRY INGREDIENTS:

- 1 Cup Oats
- 1 Tsp Baking Powder
- 1 Tsp Pumpkin Spice
- 1 Tbsp Stevia or low Calorie Sweetener of choice
- ¼ Tsp Salt

WET INGREDIENTS:

- ¼ Cup Pumpkin Purée
- 1 Whole Egg
- 3 Egg Whites
- 1 Tbsp 2% milk or Plant Milk
- 1 Tsp Vanilla Extract
- 1 Tbsp Coconut oil

DIRECTIONS:

- 1) Blend oats to make oat flour
- 2) Mix all Dry Ingredients together
- 3) In a separate bowl, beat whole egg and egg whites together
- 4) To egg mixture, add pumpkin puree, vanilla, and milk.
- 5) Microwave Coconut oil until melted, set aside.
- 6) Mix wet ingredients into dry Ingredients
- 7) Add melted Coconut oil to mixture
- 8) Cook in waffle maker
- 9) Optional: Top with fruit (Pears on Picture, yum!) or Pumpkin Seeds

Enjoy!!!

Makes 2 servings (Serving size may vary depending on waffle maker)
Macros - Calories: 293 Protein: 15 gm Fat: 13 gm Carbs: 30 gm Fiber: 5 gm