

Healthy Pumpkin Waffles

Ingredients

1 C pumpkin puree
1 t vanilla extract
2 eggs (or 1/2 C applesauce)
1/2 C butter substitute
2 T honey
1 C coconut milk
1 T apple cider vinegar

1 1/2 C Gluten-Free Flour Blend
1 t salt
1 t baking soda
1 t cinnamon
1/2 t ginger
1/2 t allspice
1/2 t cloves
1/2 t nutmeg

Directions

Preheat your waffle iron. Set aside.

Combine pumpkin puree, vanilla extract, and eggs (or applesauce) and blend. Meanwhile, combine milk and apple cider vinegar and allow to sit for 1-2 minutes. Combine with the rest of your mixture.

Add flour, salt, baking soda, cinnamon, ginger, allspice, cloves, and nutmeg and mix until just combined.

When your waffle iron is heated up, brush olive oil or butter substitute on the top and bottom parts of your iron, and then add about 1 cup of batter (depending on the size of your waffle iron) to it. Allow to cook 1-3 minutes (depending on your waffle iron).

WARNING - These are addicting!!! ENJOY!