

GF Pumpkin Waffles

10 ingredients · 15 minutes · 8 servings



Directions

1. Preheat waffle iron.
2. Grind oats and other dry ingredients in blender to make a fine flour.
3. Add wet ingredients and blend until smooth. It will create a very thick, dense batter, so if your blender can not handle this it can be whisked together in a bowl. You can add a bit more liquid to thin it out.
4. Spoon batter into waffle iron and cook until dark golden. These are pretty dense waffles so take a little more time to cook the middle.
5. Pro tip: make a double batch, cool completely on a rack, and freeze for toaster waffles.

Notes

adapted from:

<https://amindfullmom.com/gluten-free-sweet-potato-waffles/>

Ingredients

- 2 cups Oats (gluten free)
- 2 tsps Baking Powder
- 1 tsp Baking Soda
- 1/2 tsp Sea Salt
- 1 tsp Cinnamon
- 1/2 tsp Nutmeg
- 2 cups Pureed Pumpkin (15 oz can [or sweet potato puree])
- 1 cup Unsweetened Almond Milk (or milk of your preference)
- 2 Egg
- 1 tsp Vanilla Extract

Nutrition

Amount per serving

Calories	123	Cholesterol	47mg
Fat	3g	Sodium	469mg
Carbs	20g	Vitamin A	9663IU
Fiber	4g	Vitamin C	3mg
Sugar	2g	Calcium	161mg
Protein	5g	Iron	2mg