

## **Recipe Details**

Recipe Name - Pumpkin Waffles

Recipe Steps -

## Ingredients

- 1 can of pumpkin (make sure the ingredients are "pumpkin" only)
- 2 cups rolled oats
- 1/4 cup ground flax
- 1 cup fresh applesauce (if you do not make your own, use unsweetened)
- 1 Tbsp vanilla extract
- 2 heaping tsp cinnamon
- 1 heaping tsp pumpkin pie spice
- 1/4 to 1/2 tsp clove (depending on taste)

## Instructions

- 1. Blend all ingredients well in a high-speed blender until smooth.
- 2. Place some of the batter into a waffle iron and cook for 7 minutes (note do not open the waffle iron before 7 minutes or it will stick).
- 3. Serve waffles with fresh berries and organic maple syrup, accompany with a beautiful "go-to" salad and fresh potato hash browns
- 4. Enjoy!



