



PROTEIN PUMPKIN WAFFLES

PREP TIME: 20 MINUTES **BAKE TIME:** 8 MINUTES/BATCH **TOTAL TIME:** ~36 MINUTES
MAKES ~8 WAFFLES

Dry Ingredients

- 2 cups oat flour* (can purchase or make own flour by blending oats)
- 1/4 cup flaxseeds
- 1/8 cup hemp hearts
- 1/8 cup chia seeds
- 1 tbsp baking powder
- 1/2 tsp salt
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp nutmeg

Wet Directions

- 1 cup pumpkin puree
- 2 large eggs
- 1/2 cup milk of choice (I used unsweetened vanilla oat milk)
- 1/3 cup melted unsalted butter or coconut oil
- 1/4 cup maple syrup
- 1 tbsp vanilla extract

Suggested toppings: maple syrup, nut butter, coconut whipped cream, fruit, chocolate chips, toasted nuts, pumpkin seeds etc.

Directions

1. Make protein oat flour by blending oats, flaxseeds, hemp hearts & chia seeds
2. Add dry ingredients to a bowl & mix
3. Add wet ingredients to a bowl & mix
4. Add the dry ingredients into the wet ingredients bowl & mix thoroughly
5. Heat waffle maker. Follow instructions of the waffle maker, some plates need to be greased/sprayed with oil. It takes roughly 8 minutes for the waffle to bake & rise with our waffle maker
6. Enjoy with toppings of choice
7. These can be frozen & warmed up in a toaster or toaster oven from frozen

Infant tip: Cut in strips or break into pieces for a quick plant based breakfast or snack

