



## 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!

