



**Elliott Evans Nutrition, LLC**  
**Prevent and Protect**  
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## **PUMPKIN WAFFLES**

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- ½ cup all-purpose flour
- ½ cup whole wheat flour
- ½ cup wheat germ
- 1 tablespoon baking powder
- 1 teaspoon coarse salt
- ¼ teaspoon freshly grated nutmeg
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- 5 tablespoons brown sugar
- ¾ cup pumpkin puree
- 5 tablespoons (½ stick plus 1 tablespoon) unsalted butter, melted
- 2 eggs
- 1 teaspoon vanilla extract
- 1 cup milk

For serving:

- Plain greek-style yogurt
- Maple syrup
- Chopped nuts and fruit

- 1 Heat waffle iron. In a small bowl, mix flours, wheat germ, baking powder, salt, nutmeg, cinnamon, and ginger. Set aside.
- 2 In a medium bowl, whisk together brown sugar, pumpkin puree, melted butter, eggs, vanilla, and ½ cup of milk until well combined. Stir in dry ingredients and mix to form a smooth batter. Slowly add remaining ½ cup of milk until batter is thin enough to pour into waffle iron.
- 3 Spoon about ½ cup of batter into iron and cook according to iron instructions.
- 4 Serve with yogurt, syrup, nuts, and fruit.

**Makes 6 to 8 waffles.**