

## Pumpkin Waffles

### Ingredients:

1. 2 whole eggs
2. 2 tbsp brown sugar
3. 1.5 cups pumpkin
4. 1 tsp cinnamon
5. 1 tsp nutmeg
6. 1 tsp ginger
7. 1 cup milk
8. 1.5 cups whole wheat flour
9. 1 tsp baking soda
10. 3 tsp baking powder
11. Pinch of salt
12. 2 tbsp chai seeds
13. 2 tbsp ground flax



### Instructions:

1. Mix first 7 ingredients. Add in ingredients 8-13. Stir until thoroughly blended together.
2. Heat waffle maker.
3. Spray with non-stick cooking spray
4. Pour small dollop of batter onto waffle maker and cook until desired.
5. Eat right away or refrigerate and place half in toaster later this week.
6. Waffles can also be frozen and placed in toaster to eat after 1 week.

### Nutritional info:

Calories	169	Carbs (g)	26.9
Fat (g)	3.7	Fiber (g)	6.5
Saturated (g)	0.6	Sugars (g)	5.7
Polyunsaturated (g)	0.8	Protein (g)	7.5
Monounsaturated (g)	0.5	Vitamin A (%)	144.3
Trans (g)	0	Vitamin C (%)	3.8
Cholesterol (mg)	53.5	Calcium (%)	10.7
Sodium (mg)	534.1	Iron (%)	9.7
Potassium (mg)	195.4		