

Pumpkin Waffles with Blueberry Sauce



By: Dana Brandt-Tinker

INGREDIENTS

- 8 large eggs (preferably farm raised)
- 1 cup (or 246 grams) of pumpkin puree
- ½ tsp baking soda (see note)
- 2 tsp vanilla flavoring (I use Frontier Co-op brand), or vanilla extract
- 1 TBSP ground ceylon cinnamon
- ½ tsp ground ginger
- ¼ tsp ground allspice
- 1/4 tsp ground cloves
- 1/8 tsp sea salt
- 4-6 TBSP coconut flour
- Coconut oil
- 50 grams Frozen Wild Blueberries

- Coconut Nectar

DIRECTIONS

1. Heat up your waffle maker.
2. In a large bowl combine the eggs, pumpkin puree and vanilla flavoring. Whisk together until smooth.
3. Add the baking soda, cinnamon, ginger, allspice, cloves and salt. Whisk again until smooth.
4. Add 1 TBSP of coconut flour at a time into the batter to thicken it up. Whisk thoroughly after each TBSP you add. Scrape down the sides if necessary. You do not want the batter runny. You want it thick enough like a pancake batter.
5. Place about ½ tsp of coconut oil into each section of your waffle maker.
6. Ladle a small amount of the batter into each section of your waffle maker. Do not overfill the sections. The batter will rise.
7. Cook for 3-4 minutes or until light on your waffle makes comes on.
8. In a microwave safe small bowl, pour in about 50 grams of blueberries and a small amount of coconut nectar. Microwave for 30 seconds. Once heated, stir.
9. When waffles are done serve with the blueberry sauce.

NOTE

- To make your own baking powder that is free from cornstarch combine 2 TBSP of Cream of Tarter and 1 TBSP of Aluminum Free Baking Soda and shake vigorously.