



Pumpkin Waffles

Equipment

Measuring spoons & cups

Mixing bowls

Wooden spoon

Waffle iron

Ingredients

1 can coconut milk

1½ tbsp apple cider vinegar

1½ cup plain flour

1 tsp baking powder

1tsp baking soda

2 tsp cinnamon

½ tsp nutmeg

½ tsp sea salt

½ cup pumpkin puree

2 tbsp maple syrup

¼ cup veg oil

What to do

Preheat a waffle iron.

Task 1 : Mix dry ingredients

In a large bowl, mix the flour, baking powder, baking soda, cinnamon, nutmeg and salt. Set aside.

Task 2 : Mix wet ingredients and combine

In a medium bowl, mix the coconut milk and the apple cider vinegar. Add the pumpkin puree, veg oil, maple syrup, and egg and whisk together. Pour the wet ingredients into the bowl with the dry ingredients and stir until just combined. Don't overwork or your waffles will be a bit tough..

Task 3 : Bake and serve

Scoop an appropriate amount of batter onto your waffle iron and cook until the edges are crisp, about 5 minutes. Serve hot with lemony cream cheese and fruit salad.

Note: these freeze well, just pop them in the toaster to reheat

Lemon-Cream Cheese Spread

225 g cream cheese, softened

1 tbsp powdered sugar

1 tbsp fresh lemon juice

1 tsp grated lemon, zest of

In a small bowl, using an electric mixer on medium speed, beat together all ingredients until light and fluffy.

Serve at room temperature; store covered in the refrigerator.



Source: www.loveandlemons.com