



Pumpkin Waffles

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic
By: Cuisine l'Angélique

PORTIONS: 8
PREPARATION: 15 MINUTES

INGREDIENTS

- 210 g (1 1/2 cups) all-purpose flour "[La Merveilleuse](#)"
- 10 ml (2 tsp) baking powder
- 1 ml (1/4 tsp) baking soda
- 5 ml (1 tsp) ground cinnamon
- 1 ml (1/4 tsp) ground nutmeg
- 0.5 ml (1/8 tsp) ground cloves
- 0.5 ml (1/8 tsp) salt
- 185g (3/4 cup) plant-based milk substitute
- 165 g (2/3 cup) [pumpkin puree](#)
- 65 g (1/3 cup) light olive oil
- 2 medium eggs (90 g)
- 45 ml (3 tbsp) maple syrup
- 35 ml (1/3 cup) walnuts, finely chopped
- 55 g (1/2 cup) golden raisins

PREPARATION

1. In a bowl, combine flour, baking powder, baking soda, spices and salt.
2. In another bowl, using an electric mixer, beat together plant-based milk substitute, pumpkin puree, oil, eggs and maple syrup until frothy.
3. Then add the dry ingredients and beat at maximum speed of the electric mixer until the mixture thickens (about a minute).
4. With a wooden spoon, add the nuts and raisins and mix well.
5. Let rest for 10 to 15 minutes.
6. Pour some batter on the waffle iron, preheated and brushed with oil, spread lightly if necessary and cook until golden brown.
7. Between batches, to obtain good crispy waffles lightly brush the cooking surface of the waffle iron with oil.



Des gaufres savoureuses et riches en fibres !

TIP

In the fall, why not stock up on pumpkin puree and freeze in 165 g (2/3 cup) servings. You can enjoy these good waffles all year round.

[Homemade pumpkin puree](#) is much tastier than store-bought.

You can [keep the seeds and bake them](#) in the oven, an excellent nutritious snack.

NUTRITION FACTS

Per portion	240 Calories
Fat: 12 g	18 %
Saturated 1,5 g	
Trans 0 g	8 %
Polyunsaturated: 3,5 g	
Omega-6: 2,5 g	
Omega-3: 0,7 g	
Monounsaturated: 6 g	
Cholesterol: 40 mg	
Sodium: 75 mg	3 %
Carbohydrate: 31 g	10 %
Fibres: 3 g	12 %
Sugars: 8 g	
Protéines: 5 g	
Vitamin A	35 %
Vitamin C	2 %
Calcium	10 %
Iron	10 %
Magnesium	20 %
Manganese	60 %
Copper	15 %

