



PUMPKIN WAFFLES

Angela Litzinger @ angelaskitchen.com

ONE BATCH SERVES 6.

INGREDIENTS	X1	X2	X3	X4
Garbanzo/fava bean flour	6 T	3/4 c	1 c + 2 T	1 1/2 c
Sorghum flour	1/4 c	1/2 c	3/4 c	1 c
Corn or potato starch	9 T	1 cup + 2 T	1 1/2 cup + 3 T	2 1/4 c
Tapioca or arrowroot powder	9 T	1 cup + 2 T	1 1/2 cup + 3 T	2 1/4 c
Gluten free baking powder	2 t	4 t	2 T	2 T + 2 t
Salt	1/2 t	1 t	1 1/2 t	2 t
Pumpkin pie spice	1 t	2 t	1 T	1 T + 1 t
Xanthan or guar gum	1/2 t	1 t	1 1/2 t	2 t
Sucanate, maple syrup, maple sugar (or sweetener of choice)	1 T	2 T	3 T	1/4 c
Oil	2 T	1/4 c	6 T	1/2 c
Canned pumpkin (or fresh pumpkin, cooked, mashed and drained)	3/4 c	1 1/2 c	2 1/4 c	3 c
Dairy free milk substitute of choice	1 1/4 c	2 1/2 c	3 3/4 c	5 c
Gluten free vanilla flavoring or extract	1 t	2 t	1 T	4 t

In a medium sized mixing bowl, mix the first five ingredients well. In a blender or separate bowl, blend the sweetener, oil, pumpkin, dairy-free milk and vanilla until smooth. Pour the wet ingredients into the dry ingredients and stir just until combined.

Cook on a waffle iron according to manufacturer's directions.

Alternate: Make pancakes instead instead of waffles in a lightly oiled pan.

To freeze: Allow waffles to cool completely. Put in freezer bag, separating waffles with waxed paper. Remove as much air as possible, seal, label and freeze.

To serve: Toast waffles until warmed through.