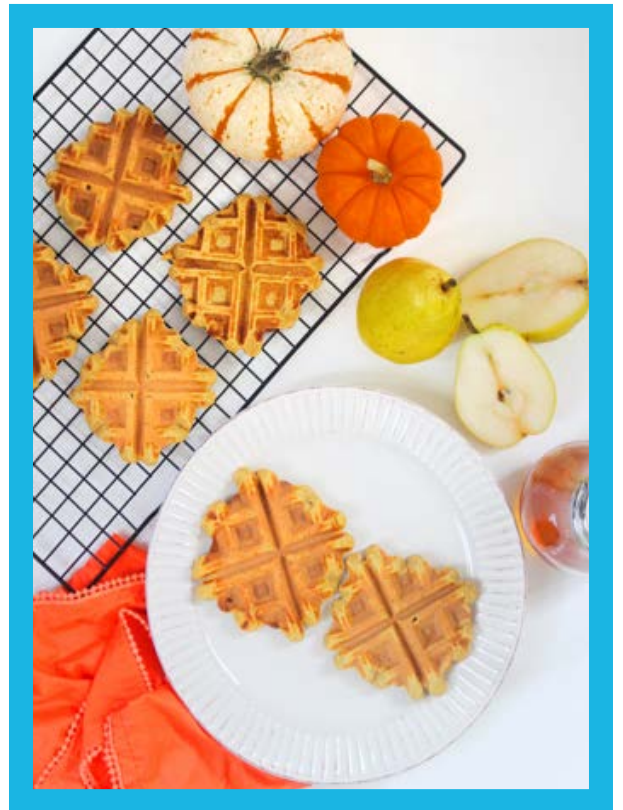


kizingo® EATS

pumpkin & pear oat waffles

The pumpkin and pear fusion in these fluffy and sweet waffles is unreal. They make such a delicious combination. Plus they're both rich in many vitamins and minerals and both are a great source of antioxidants.

These Pumpkin-Pear Oat waffles are perfect for everyone in the family. Even for BLW babies and toddlers. They require very few ingredients and are packed in nutrients, making them the perfect finger food for your little ones.



INGREDIENTS

- 1 egg
- 1/2 cup pumpkin purée
- 1 ripe pear, peeled and cored
- 1 Tbsp maple syrup
- 1 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 tsp salt
- 1 tbsp milk
- 1 cup oat flour

DIRECTIONS

- In a food processor or high speed blender, blend together purée and pear until smooth.
- In a large bowl whisk egg. Add pumpkin and pear mix and continue whisking. Then add maple syrup, cinnamon, nutmeg, and milk and whisk together. Whisk in oat flour and create batter.
- Heat waffle maker and pour 1/2 cup batter into it at a time and cook until waffle is cooked full. Repeat until all batter has been cooked.
- Serve and top with favorite waffle toppings. (I'd like to suggest maple syrup and whipped cream!)

NOTES

As long as you're prepping these, make a double batch! They freeze well so all you have to do is thaw or toast for a healthy breakfast on a busy morning. Also, if you're like me and you don't have a waffle maker, don't worry. These make equally delicious pancakes.



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