



Pumpkin Waffles

INGREDIENTS

- ¼ cup pumpkin purée
- 2 tbsp coconut flour
- 2 eggs
- 2 scoop ketologie vanilla shake mix
- 1 tbsp sour cream
- 1 tbsp melted butter
- ½ tsp baking powder
- ½ tsp pumpkin spice seasoning

INSTRUCTIONS

Whisk all ingredients until smooth

Heat and spray both sides of waffle iron before adding waffle mixture.

Use ¼ cup of mixture for mini waffle maker. ½ cup for regular waffle iron. Cook for 3-4 minutes until golden.

Pro tip* double or triple the recipe and make extra waffles ahead of time. Reheat in your toaster or air fryer for a healthy keto friendly breakfast on demand.

Nutrition Facts	
Pumpkin Waffles	
Amount Per Serving	
Calories 158.21	Calories from Fat 111
% Daily Value*	
Fat 12.34g	19%
Saturated Fat 9.11g	57%
Cholesterol 90.93mg	30%
Sodium 66.91mg	3%
Potassium 61.91mg	2%
Carbohydrates 5.38g	2%
Fiber 3.43g	14%
Sugar 0.94g	1%
Protein 7.28g	15%
Vitamin A 2608.04IU	52%
Vitamin C 0.64mg	1%
Calcium 19.6mg	2%
Iron 0.74mg	4%

* Percent Daily Values are based on a 2000 calorie diet.