

10. Pumpkin Waffles

Prep Time: 5 min | **Cook Time:** 5 min | **Total Time:** 10 min | **Servings:** 2

Ingredients:

- 1 cup flour
- 1 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- ½ tsp cinnamon & nutmeg
- ½ cup pumpkin puree
- 1 cup milk
- 1 egg
- 1 tsp oil

Instructions:

1. Preheat waffle iron.
2. Mix dry ingredients; whisk wet ingredients separately.
3. Combine; pour batter into waffle iron.
4. Cook 4–5 minutes until golden.

Nutrition (per waffle):

- Calories: 120
- Fiber: 1 g
- Vitamin A: 100% daily need
- Sugar: 3 g

Health Benefits:

- Beta-carotene supports eye and immune health.
- Low sugar option for steady energy.

Pro Tips:

- Toast from frozen for fast mornings.
- Add cinnamon for flavor masking if picky eater avoids pumpkin taste.