

PUMPKIN SPICE WAFFLES

 2 portions

INGREDIENTS

- 1/2 cup of Oat Flour [43 gr]
- 2 large units of egg, whole, raw, fresh [100 g]
- 2 tablespoons of oil, olive, salad or cooking [27 g]
- 1/4 grams of pumpkin, canned, without salt [32 gr]
- 1 tsp of spices, cinnamon, ground [3 g]
- A dash of spices, nutmeg, ground [1 g]
- 1 tsp of leavening agents, baking soda [5 g]
- 1/2 mashed banana raw [60 g]

COOKING METHOD

- 1° In a mixing bowl add all the ingredients and stir well.
- 2° Spray your waffle maker with coconut oil spray or any type you have.
- 3° Pour the waffle batter into the waffle maker and wait until it's fully cooked.
- 4° Enjoy!

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (156 g)	% DRI
ENERGY	211 kcal	328 kcal	16 %
FAT	13 g	20 g	31 %
FATTY ACIDS, TOTAL SATURATED	2 g	4 g	18 %
CHOLESTEROL	120 mg	186 mg	62 %
SODIUM	451 mg	702 mg	29 %
CARBOHYDRATE	19 g	29 g	10 %
SUGARS	5 g	7 g	—
FIBER	3 g	5 g	19 %
PROTEIN	6 g	10 g	—