



Whole Wheat Pumpkin Waffles

12 Servings • 1 Serving = 1 Waffle with 2 Tablespoons Yogurt and ½ Cup Berries

INGREDIENTS

- 2 ½ cups whole wheat flour
- ¼ cup brown sugar
- 2 ½ teaspoons baking powder
- 1 teaspoon baking soda
- ¼ teaspoon salt
- 2 teaspoon pumpkin pie spice
- 3 large eggs, separated
- 2 cups low-fat buttermilk, room temperature
- 1 Tablespoon vanilla extract
- 1 cup pumpkin puree
- 3 Tablespoons coconut oil, melted
- ¾ cup nonfat plain Greek yogurt
- 3 cups blueberries
- 3 cups raspberries

DIRECTIONS

1. Preheat waffle iron. Sift dry ingredients into a large bowl.
2. In a separate bowl, whisk the egg yolks, buttermilk, vanilla, pumpkin puree, and coconut oil.
3. Pour the egg yolk mixture into the dry ingredients and mix until just combined.
4. Beat the egg whites until soft peaks form, gently fold into the batter. Let sit for 5 minutes.
5. Pour ½ cup of the batter into the waffle iron.
6. Cook until there is minimal steam coming from the waffle iron. Re-spray the waffle iron with cooking spray in between each batch. If the waffles stick a little, gently pull out of the iron with a wooden spoon.
7. Serve each waffle with 2 Tablespoons yogurt and ½ cup berries.

Nutrition Facts	
12 servings per container	
Serving size 1 waffle with 2 T. yogurt and 1/2 c. berries	
Amount per serving	
Calories	220
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 200mg	11%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 5g Added Sugars	10%
Protein 8g	
Vitamin D 0mg	0%
Calcium 223mg	16%
Iron 2mg	10%
Potassium 228mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Food Bank



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