



Pumpkin Waffles with Golden Raisins

Recipe Courtesy Chef Bryan Woolley

4 eggs separated
1 ½ cups unbleached flour
1 cup whole wheat flour
1 cup low fat buttermilk
1 cup pumpkin puree
½ cup golden raisins
½ cup honey
½ cup applesauce
½ cup skim milk (more or less)
1 tbsp extra virgin olive oil
2 tsp cinnamon
1 tsp salt
1 tsp freshly ground nutmeg
1 tbsp baking powder
½ tsp baking soda

1. Whip egg whites to medium peaks and set aside until ready to fold into batter.
2. Combine all other ingredients into a large bowl and whisk together until smooth. If batter is too thin, simply add some more flour until desired consistency is reached.
3. Fold in egg whites.
4. Preheat waffle iron to recommended heat. Lightly brush waffle iron with olive oil (if needed) and use the recommended amount of batter for your waffle iron. Cook until golden brown. Serve with pumpkin honey syrup. Makes 8 waffles.

Pumpkin Honey Syrup:

1 cup honey
½ cup pumpkin puree
1 tsp cinnamon
½ tsp allspice
1 tsp butter

1. Combine all ingredients in a saucepan bring to a boil while stirring. Remove from heat and serve with pumpkin waffles.

Nutrition Facts

Serving: 1 waffle with 1/8-cup honey syrup

Calories	400
Total Fat	5g
Saturated Fat	2g
Cholesterol	109mg
Sodium	736mg
Total Carbohydrate	86g
Dietary Fiber	3g
Protein	8g

Diabetic Exchanges

Protein	1
Fat	1
Carbohydrates	6

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