

PUMPKIN WAFFLES

December 9, 2009

Prep Time: 15 Minutes

Cook Time: 5 Minutes

Serves: 6

INGREDIENTS

- 1 cup all-purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ¾ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ⅛ teaspoon ground nutmeg
- 2 teaspoons canola oil
- 1 teaspoon molasses
- ¼ cup canned pumpkin
- 1 cup buttermilk
- 1 large egg
- 2 tablespoons SLENDA® No Calorie Sweetener, Granulated
- 1 ½ cups maple syrup sweetened with SLENDA® Brand Sweetener



DIRECTIONS

1. Preheat waffle iron according to manufacturer's directions; spray lightly with vegetable cooking spray.
2. Combine flour, baking powder, soda, salt, cinnamon, ginger, and nutmeg in a large bowl. Set aside.
3. Combine oil, molasses, pumpkin and buttermilk in a small bowl; set aside.
4. Whisk together eggs and SLENDA® Granulated Sweetener until blended. Add buttermilk mixture, whisking until blended. Add to dry ingredients, stirring just until moistened.
5. Pour batter into a hot waffle iron and bake approximately 5 minutes.
6. Serve with maple syrup.

Nutrition Information

Serving Size: 1 waffle

Calories: 160, Calories from Fat: 25, Total Fat: 3g, Saturated Fat: 1g, Cholesterol: 35mg, Sodium: 400mg, Total Carbs: 32g, Dietary Fiber: 1g, Sugars: 4g, Protein: 5g



CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM

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