

MILLET AND PUMPKIN WAFFLES

Wheat-free Gluten-free Dairy-free

A nutritious and warming winter breakfast treat or dessert recipe.

Ingredients:

½ cup mashed steamed pumpkin
1 cup nut milk/rice milk
1 egg, lightly beaten
2 cups very fine millet meal
2 tablespoons arrowroot
2 teaspoons mixed spice

Method:

Combine pumpkin, milk and egg.

Add sifted dry ingredients to pumpkin mixture and mix well.

Pour enough mixture into waffle iron to make the desired size waffles.

Cook until iron opens easily.

Serve topped with your choice of berries, banana, honey, ricotta cheese, cottage cheese, cream or ice-cream.