

Paleo Pumpkin Waffles

Total: 30 min. Active: 20 min. Yield: 4 servings.

Nutritional Information Per Serving

Calories: 240. Total Fat: 15g. Carbs: 21g. Protein: 4g.

Ingredients

- 12 oz raspberries
- 1 cup pumpkin pureé
- 3 tbsp virgin coconut oil, melted and cooled slightly, plus more for the waffle iron
- 1 1/2 tsp pure vanilla extract
- 6 large eggs, beaten
- 6 tbsp coconut flour
- 1 tsp cream of tartar
- 1/2 tsp baking soda
- pinch of salt

Directions

Put half of the raspberries in a small saucepan with a pinch of salt and 2 tablespoons water. Heat over medium-high heat, stirring occasionally, until the raspberries break down and the mixture comes to a boil and thickens to a jamlike consistency, 6 to 8 minutes. Stir in the remaining raspberries off heat. Let stand until ready to serve.

Whisk the pumpkin, coconut oil, vanilla and eggs in a medium bowl until completely combined. Vigorously whisk in the coconut flour, cream of tartar, baking soda and 1/4 teaspoon salt until no lumps of dry flour remain.

Prepare a waffle iron for medium-high heat and brush both sides with coconut oil. Fill each section of the iron about three-quarters of the way full (there should still be some waffle iron showing). Cook until the waffles are golden brown and slightly crisp, 6 to 10 minutes. Keep the waffles warm in a 200-degree F oven or covered with foil on a plate; repeat with the remaining batter. Serve with the raspberry compote.

