



Keto Pumpkin Waffles with Butter, Syrup and Pecans

Active Time: 5 minutes | Total Time: 15 minutes | Serves: 2

Nutrition Information Per Serving

489.8 calories, 20.67 g carbohydrate, 9.96 g fiber, 7.71 g NET carbs, 15.19 g protein, 42.71 g fat

Ingredients

- 1/4 cup(s) Pacific Organic Unsweetened Almond Milk (Plain)
- 2 Tbsp(s) Lakanto Maple Flavored Syrup
- 10 drop(s) SweetLeaf SteviaClear Liquid Stevia
- 2 large(s) pastured eggs
- 1 large egg white
- 1/2 cup(s) organic pumpkin puree
- 1/2 tsp(s) cinnamon
- 1/2 tsp(s) grass-fed beef gelatin
- 1/3 cup(s) blanched almond flour
- 1/5 cup(s) coconut flour
- 1/4 tsp(s) sea salt
- 2 Tbsp(s) grass-fed butter
- 1 ounce pecans, chopped

Preparation

1. Add eggs, egg white, pumpkin, almond milk, and stevia to a medium bowl. Whisk to combine.
2. In a small bowl, whisk together the almond flour, coconut flour, cinnamon, sea salt, and gelatin.
3. Add dry ingredients to wet and whisk well to combine.
4. Ladle onto preheated waffle iron and cook according to manufacturer's instructions.
5. Top each serving with 1 Tbsp. butter, ½ oz. chopped pecans and 1 Tbsp. Lakanto Maple Flavored Syrup.

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