



Keto Paleo Pumpkin Waffles

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

Nutrition Information Per Serving

432.8 calories, 13.26 g carbohydrate, 6.52 g fiber, 6.74 g NET carbs, 14 g protein, 38.42 g fat

Ingredients

- 1/4 cup(s) Pacific Organic Unsweetened Almond Milk (Plain)
- 1/2 cup(s) Miracle Mix
- 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
- 2 Tbsp(s) grass fed butter
- 1 ounce pecans, chopped

Preparation

1. Add all waffle ingredients to a medium bowl.
2. Whisk well to combine.
3. Ladle onto preheated waffle iron and cook according to manufacturer's instructions.
4. Top each serving with 1 Tbsp. butter, $\frac{1}{2}$ oz. chopped pecans and 1 Tbsp. Lakanto Maple Flavored Syrup.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.