



PUMPKIN WAFFLES

RECIPE MAKES 7 SERVINGS
SERVING SIZE = 1 waffle

NUTRITION INFORMATION

Calories: 215

Total Fat: 8 g

Saturated Fat: 4 g

Cholesterol: 70 mg

Sodium: 356 mg

Total Carbohydrate: 31 g

Fiber: 4 g

Sugars: 11 g

Protein: 7 g

Marion County Public Health Department

NUTRITION SERVICES



PUMPKIN WAFFLES

These waffles come together quickly and easily! The pumpkin, cinnamon, and nutmeg in this recipe give a subtle, heartier flavor compared to regular waffles. Additionally, the whole wheat flour adds an extra fiber boost! Enjoy these as a treat with syrup & butter, or as part of a complete breakfast when topped with things like yogurt, fruit, or peanut butter.

INGREDIENTS

3 Tbsp butter, melted or softened

2 eggs

¼ cup brown sugar

⅔ cup buttermilk

⅔ cup low-fat milk

½ cup pumpkin puree

1 ½ cups whole wheat flour

1 ¼ tsp baking powder

½ tsp baking soda

¼ tsp salt

1 tsp cinnamon

½ tsp nutmeg

DIRECTIONS

1. In a large bowl, combine melted/softened butter, eggs, and brown sugar. Whisk together. Add buttermilk, low-fat milk, and pumpkin puree and whisk together until mixed.
2. In a separate bowl, add whole wheat flour, baking powder, baking soda, salt, cinnamon, and nutmeg. Mix together.
3. Slowly add dry ingredients into bowl with wet ingredients, mixing until all ingredients are incorporated into a batter.
4. Turn on waffle maker with dial set to "high." Wait until the indicator light shows "ready."
5. Pour or spoon about ⅓ to ½ cup of batter into the middle of the waffle iron. Spread if necessary, leaving about 1 inch of space from the edge.
6. Close waffle iron and leave for 3 minutes. You will see steam escaping from the waffle iron as it cooks. After 3 minutes, open waffle iron and lift waffle out with fork.
7. Top with fruit, yogurt, or peanut butter and serve immediately, or freeze for later.

If you would like to speak to a dietitian or are interested in nutrition programming call: 317-221-7512 or 317-221-7403



CINNAMON YOGURT CREAM

RECIPE MAKES 11 SERVINGS

SERVING SIZE = 2 Tbsp

NUTRITION INFORMATION

Calories: 28

Total Fat: 0 g

Saturated Fat: 0 g

Cholesterol: 1 mg

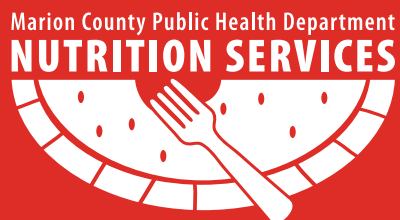
Sodium: 10 mg

Total Carbohydrate: 4 g

Fiber: 0 g

Sugars: 4 g

Protein: 3 g



CINNAMON YOGURT CREAM

Step up your breakfast game with this incredibly simple recipe! This cinnamon yogurt cream is similar to a “fruit dip” you would buy at the store, but uses plain Greek yogurt to give an extra boost of protein. It is also a versatile recipe! In addition to serving with fruit, you can use it as a healthy alternative to whipped cream and syrup for your pancakes and waffles. It also makes a great addition to your breakfast parfaits or overnight oats.

INGREDIENTS

1 cup plain low-fat Greek yogurt

4 Tbsp 1% milk

2 Tbsp honey

1 tsp vanilla extract

½ tsp cinnamon

DIRECTIONS

1. Combine all ingredients in a bowl and whisk together briskly until well-incorporated.
2. Serve as a topping for waffles, pancakes, oatmeal, or drizzle over fruit.

RECIPE NOTES

If you want to switch it up, try adding different flavors to your yogurt cream. Maybe you prefer almond extract to vanilla extract. Maybe you swap out the honey for maple syrup instead. Or perhaps you want to try spicing it with cardamom instead of cinnamon. Don't be afraid to get creative!

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