

Pumpkin Spiced Waffles

Hands-on 10 minutes Overall 15 minutes



Nutritional values (per serving, 2 waffles): Total carbs: 8.6 g, Fiber: 4.1 g, **Net carbs: 4.5 g**,

Protein: 18.2 g, Fat: 26.1 g, Calories: 337 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 2 servings, 4 waffles)

- 2 large eggs, free-range or organic
 - 2 tbsp [extra virgin coconut oil](#) or butter (grass-fed), melted (I like [Biona virgin coconut oil](#), 30 ml / 1.1 fl oz)
 - 2 tbsp heavy whipping cream or [coconut milk](#) (30 ml / 1.1 fl oz)
 - 1/4 cup [pumpkin purée](#), BPA-free, canned or [home-made](#) (50g / 1.8 oz)
 - 1 scoop [whey protein powder](#), vanilla or plain (artificial additives and hormone free) or use more [coconut flour](#) (+ 1/2 - 1 tbsp)
 - 1 1/2 tbsp [coconut flour](#) (18g / 0.6 oz)
 - 1 tsp [pumpkin pie spice mix](#) (you can [make your own](#))
 - 1/4 tsp [baking soda](#)
 - 2 tbsp Erythritol (non GMO) or other healthy [low-carb sweetener](#) [from this list](#) (20g / 0.8 oz)
 - 3-6 drops [liquid Stevia](#) extract (Clear / Vanilla / Cinnamon) or more to taste
- optional:* 1/4 cup [crème fraîche](#) / [sour cream](#) / plain full fat yogurt or [coconut cream](#) (60g / 2.2 oz)

Notes: If you use the optional ingredient listed above, don't forget to add extra carbs (~ 2 grams). When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Crack the eggs into a bowl and whisk them with melted coconut oil, Erythritol and Stevia. *Note: To melt the coconut oil, microwave for about 10 seconds. Make sure the oil is not hot when you add it to the bowl with eggs!*
2. Add the [pumpkin purée](#) and process until smooth.
3. Pour in the cream (or coconut milk) and mix well.
4. Add protein powder, coconut flour, baking soda and the gingerbread spice mix. *Note: Instead of ready-made (sugar-free)*

spice mix, you can use a mixture of cinnamon, nutmeg, ginger, allspice and cloves.

5. Preheat the waffle maker, typically, in the closed position. Do not pour the batter in until it's heated according to the manufacturer's instructions.
6. Close the waffle maker and cook for a minute or two. Time depends on the waffle maker.
7. When done, place on a serving plate and enjoy! :-)
Optional: Top the waffles with [crème fraîche](#), [sour cream](#), [full-fat plain yogurt](#) or [coconut cream](#)! You can find how to make amazing dairy-free whipped coconut cream on [Vanessa's website](#), the founder of [HealthyLivingHowTo](#).

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