

Pumpkin Waffles - Gluten Casein Free

Inspired by Yammies Noshery Blog

(<http://www.yammiesnoshery.com/2011/10/pumpkin-belgian-waffles.html>)

These are great GFCF waffles and they are more solid than normal gfcf waffles. We really couldn't tell the difference between them and the original. I always make a small batch of GFCF and then a small batch of regular when I make waffles. These look the same as the wheat version. I think the pumpkin helps give them more structure.

2 eggs, separated
3/4 cups pumpkin puree
(Half a can)
1/4 cup oil
1/2 cup almond milk
1/2 teaspoon vanilla
1 3/4 cups flour
1 teaspoon xanthan gum
1/2 cup sugar
1 tablespoon baking powder
3/4 teaspoons cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon ginger
1/4 teaspoon ground cloves



Beat egg whites till soft peak and set aside. Stir together the egg yolks, pumpkin, oil, almond milk, and vanilla. Mix in everything else except flour and egg whites. Stir in flour. Finally add egg whites. Bake in waffle iron

<http://www.lincolntent.com/GFCF-Breakfast.html>