

Pumpkin Spice Protein Waffles

With 25 grams of protein per serving, these tasty Paleo Pumpkin Spice Protein Waffles make for a super satisfying breakfast or post-workout fuel. Recipe includes both gluten-free and paleo version.

🕒 Prep: 5 mins Cook: 5 mins Total: 10 mins

👤 Servings: 1 serving (1-2 waffles)

1x	2x	3x
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INGREDIENTS

- 1 scoop Vital Protein Collagen Peptides Vanilla
- 2 1/2. Tbsp. Paleo OR Gluten-free (not paleo) Waffle & Pancake Mix (or use 1 1/2 Tbsp. almond flour + 1 Tbsp. tapioca flour + 1/8 tsp. baking powder)
- 1 whole egg
- 1 Tbsp. pumpkin puree
- 1/2-1 tsp. maple syrup or honey (optional)
- 1/2 tsp. pumpkin pie spice
- 1/2 tsp. pure vanilla extract

INSTRUCTIONS

1. Set the waffle iron to medium high heat.
2. In a food processor or blender combine all of the ingredients. Process or blend until smooth. If batter is too thin, add 1/2-1 tbsp. of additional baking mix.
3. Spray waffle iron with non-stick cooking spray (*this is an important step*).
4. Pour batter onto waffle iron, close lid and let cook until golden brown and slightly crisp. Carefully remove waffles from iron place on a wire rack until ready to eat.
5. To freeze, let waffles cool completely and once cooled, place in an air tight container separating each serving with parchment paper. Freeze up to 3 months.
6. If making waffles in bulk, waffles taste best when reheated in a toaster or in an oven set at 350 degrees. This can be done from frozen.
7. *If using the almond flour/tapioca blend, let waffles set for just a few minutes after removing from waffle iron before enjoying. We have found that this will result in a better texture.

NOTES

Made with almond flour & tapioca flour (Paleo): 265 calories – 10g fat – 200mg sodium – 18g carbs – 2g fiber – 4g sugar – 26g protein

For those that shop at HyVee or Coborns in the Midwest, the Full Circle Gluten-free Pancake and Waffle Mix produces the perfect texture and crisp. Note: this mix is not paleo.

Note: this recipe has not been tested with any other protein powders. Should you choose to use a different protein powder, you may need to add little liquid or more flour to achieved a waffle batter consistency.

NUTRITION INFORMATION

Serving Size: 1 Waffle with Full Circle Gluten-free Mix **Calories:** 245 **Fat:** 5g
Sodium: 250mg **Carbohydrate:** 25g (Fiber: 1g **Sugar:** 4g) **Protein:** 25g

DIETARY

Dairy-Free Gluten-free Grain-Free Paleo

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