

Pumpkin Waffles

(adapted from cookieandkate.com)

Ingredients:

2 ¼ cups oat flour*

1 tablespoon baking powder

¾ teaspoon salt

2 tsp Pumpkin pie spice or (1 tsp cinnamon, ½ tsp ginger, ¼ tsp nutmeg, ¼ tsp cloves)

3 large eggs

1 cup milk (dairy or unsweetened almond milk)

½ cup full-fat Green plain yogurt

½ cup packed pumpkin puree

3 tablespoons maple syrup

1 tablespoon vanilla extract

Directions:

- In a large mixing bowl, combine the oat flour, baking powder, salt and spices.
- In a medium mixing bowl, whisk the eggs. Add the milk, yogurt, pumpkin purée, maple syrup and vanilla. Whisk until well blended.
- Pour the liquid mixture into the oat flour mixture. Stir with a big spoon until just combined (the batter will still be a little lumpy). Let the batter rest for 10 minutes so the oat flour has time to soak up some of the moisture. Plug in your waffle iron to preheat now.
- Give the batter one more, gentle swirl with your spoon. The batter will be thick. Pour batter onto the heated waffle iron, enough to cover the center and most of the central surface area. Close the lid. Once the waffle is deeply golden and crisp (~4-5 minutes), transfer it to a cooling rack or baking sheet. Don't stack your waffles on top of each other or they'll lose crispness. If desired, keep your waffles warm by placing them in a 200° oven until you're ready to serve. Repeat with remaining batter and serve with desired toppings on the side.

***Make your own oat flour:** Blend old-fashioned or quick oats in a food processor or blender until ground into a fine flour. You'll need ~ 2 ¼ cups oats to make 2 ¼ cups flour.

Pumpkin Energy Balls

Yield: 15-20 balls (adapted from cleanfoodcrush.com)

Ingredients:

1 ½ cups thick cut or old-fashioned rolled oats
½ cup almond butter (or peanut butter)
½ cup pumpkin puree (not pie filling)
1/3 cup maple syrup or honey or agave nectar
½ tsp pumpkin pie spice
1/2 tsp ground cinnamon
1 tsp vanilla extract
4 TBSP ground flax (add a little more if the dough is too sticky)
1/4 cup chopped almonds or walnuts
¼ cup coconut or dried cranberries or other chopped dried fruit
¼ cup mini chocolate chips

Directions:

- Combine all ingredients in a medium bowl, mixing well.
- Roll dough into balls (about 1 inch diameter), or use a cookie scoop. They will be sticky.
- Line a cookie sheet with parchment paper. Place balls on parchment and freeze for one hour.
- Remove from freezer and store in airtight container in the refrigerator. Use within one week or keep in the freezer.