

Pumpkin Waffles

1 c. milk
1 egg, seperated
1/2 c. pumpkin puree
1/2 tsp. vanilla extract
3 tbsp. canola oil
2 tbsp. brown sugar
3/4 c. whole wheat flower
1/2 c. all-purpose flour
2 tsp. baking powder
1/2 tsp salt
1/2 tsp cinnamon
1/8 tsp nutmeg

1. In a large bowl, mix milk, egg yolk, pumpkin, vanilla, oil, and brown sugar. In a mixing bowl, beat egg white until stiff peaks form. Set aside.
2. Add flours, baking powder, salt, cinnamon, and nutmeg to the wet mixture, stirring just until combined (batter might still be a little lumpy). Fold in egg whites.
3. Spray waffle iron with cooking spray and pour approximately 1/2 cup batter onto the waffle iron. Cook waffles until lightly browned and crispy. Serve immediately with butter and syrup.

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