

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Pumpkin Waffles w/Apple Cinnamon Syrup

2 c. whole wheat flour
1T. honey
3 t. baking powder (aluminum free)
1/2 t. real salt or Celtic salt
1/4 t. cinnamon
1/4 t. ginger
1/4 t. nutmeg
2 c. soy, almond, or rice milk
3/4 c. pumpkin (canned or steamed and pureed)
3/4 c. oil
3T. soy milk **or** 3T. water and 3T. soy flour- (This is an egg replacer)

Beat all ingredients together. Spray the waffle iron **well** before each waffle is poured into the waffle iron!! This batter sticks terribly if you don't spray it well. Follow instructions for your waffle iron.



Apple Cinnamon Syrup

1/4 c. honey
1 T. arrowroot (cornstarch)
1 t. cinnamon
1c. apple juice
2 T. lemon juice
2 T. coconut oil, olive oil, or grape seed oil

Place all ingredients into saucepan stir together well. Turn on heat to medium and bring to a low boil. Stir a couple of minutes then remove from heat. Pour warm syrup on warm waffles and enjoy.