



Keto Pumpkin Spice Waffles

Keto Pumpkin Spice Waffles are a delicious and fun breakfast option! They're so good - make them anytime of year! We make these in the DASH mini waffle maker or the griddle. They work great in a full sized waffle maker as well.

You can even freeze them and thaw/toast when you're ready to eat! Use any keto friendly syrup. We topped ours with Choc Zero's Pumpkin Pie Syrup. Enjoy!

Recipe:

- 4 Eggs
- 4 oz Cream Cheese
- ½ tsp Baking Powder
- 1 tsp Cinnamon
- 2 tsp Pumpkin Spice Seasoning

Blend until smooth, cook in a waffle or chaffle maker!

Serve with butter and cinnamon or Choc Zero Pumpkin Pie Syrup! (we used Choc Zero)



The Keto Dad Tips and Tricks:

- You can also make it in the griddle as a pancake! The batter is too thin to make pancakes on a full sized griddle.
- Syrup is optional - you can eat them plain, with butter, or keto-friendly Syrup!
- You can also top with pecans.
- Check out our recipe for DIY Pumpkin Pie Spice!

Makes 8 waffles, Serving size 4 waffles

Calories: 347, Fat: 30, Carbs: 3, Fiber: 1, (Net Carbs 1), Protein: 17g

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