



Vegan Pumpkin Pancake/Waffle

Supplies:

- Waffle maker

Ingredients:

- ¾ cup brown rice flour or millet flour
- ¾ cup millet flour
- ½ cup arrowroot powder
- -or- 2 cups gluten-free all-purpose flour
- 2 teaspoon baking soda
- 2 teaspoon baking powder
- 1 teaspoon ground cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon salt
- ½ teaspoon xanthan gum (omit if your flour blend already contains xanthan gum)
- ⅓ cup applesauce
- ½ – ¾ cup unsweetened dairy-free milk of choice (e.g. So Delicious Coconut Milk)
- ⅔ cup applesauce
- ⅔ cup pureed pumpkin
- ½ cup refined coconut oil, melted
- 2-3 teaspoon vanilla extract

Instructions:

1. In a large bowl, whisk together all dry ingredients (flour, baking powder, baking soda, salt, xanthan gum, cinnamon, nutmeg)
2. Add liquid ingredients and mix until the batter is smooth (maple syrup, milk, applesauce, pumpkin, coconut oil, vanilla extract)
3. If making waffles, heat greased waffle maker on medium heat or around 250-300 degrees. Pour batter into the waffle maker, about 1 cup for each waffle. Cook for 3-5 minutes or until the light on the waffle maker says they're ready
4. If making pancakes, heat a greased griddle/pan over medium heat. Pour batter onto the griddle, about ¼ cup for each pancake. The batter will be thicker than normal pancake batter. You can use a spoon to spread the batter into a pancake shape. Cook for 3-5 minutes or until you start to see tiny bubbles in the batter. Flip the pancake and cook for another 102 minutes
5. Serve with your favorite waffle toppings



Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.