



Shredded carrots and raisins bring classic carrot cake flavor to these tender waffles made with plantains, pumpkin purée, and sweet maple syrup.

Carrot Cake Waffles

 YIELD: 12 WAFFLES

 SERVING SIZE: 2 WAFFLES

 PREP TIME: 15 MINUTES

 COOK TIME: 2 MINUTES

INGREDIENTS

- 3 cups plantains, peeled and chopped (ripe or green)
- ½ cup pumpkin purée
- ¼ cup coconut oil, melted
- ¼ cup maple syrup
- ½ cup light coconut milk
- 1 tsp. apple cider vinegar
- ½ cup arrowroot powder
- 2 tsp. baking soda
- 1 tsp. cream of tartar
- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- 1 cup shredded carrots
- ½ cup raisins

METHOD

- 1 Combine plantains, pumpkin purée, coconut oil, maple syrup, coconut milk, and apple cider vinegar in a blender. Blend until smooth.
- 2 Add arrowroot powder, baking soda, cream of tartar, cinnamon, and ginger to blender. Blend until smooth.
- 3 Transfer batter to a large bowl. Fold in shredded carrots and raisins.
- 4 Heat waffle iron on medium heat. Spoon a ¼-cup portion of batter into a well-greased waffle iron and cook for 2 to 3 minutes. Continue with remaining batter, greasing waffle iron between batches.

NUTRITION

Calories 319
Total Fat 11g
Saturated Fat 16g
Unsaturated Fat 1g
Cholesterol 0mg
Sodium 445mg
Carbohydrate 56g
Dietary Fiber 4g
Sugar 30g
Protein 2g

SPECIAL TOOLS



BLENDER



WAFFLE MAKER

Storage: Waffles are best served immediately, but can be stored in the freezer for up to 1 month and reheated in a toaster.

Serving Suggestion: Top waffles with Coconut Whipped Cream or maple syrup.



For the curious

Content taken from
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