

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

Carrot Cake Waffles

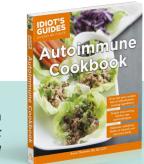
SPECIAL TOOLS

BLENDER

WAFFLE MAKER

	YIELD: 12 WAFFLES	G	SERVING SIZE: 2 WAFFLES	PREP TIME: 15 MINUTES	COOK TIME: 2 MINUTES
INGREDIENTS	3 cups plantains, peeled and chopped (ripe or green) 1/2 cup pumpkin purée 1/4 cup coconut oil, melted 1/4 cup maple syrup 1/2 cup light coconut milk 1 tsp. apple cider vinegar 1/2 cup arrowroot powder 2 tsp. baking soda 1 tsp. cream of tartar 1 tsp. ground cinnamon 1/2 tsp. ground ginger	METHOD	1 oil, maple syrup, c vinegar in a blender. 2 Add arrowroot por until smooth. 3 Transfer batter to a shredded carrots a 4 Heat waffle iron o 1/4-cup portion of b	wder, baking soda, cream o and ginger to blender. Blend large bowl. Fold in and raisins. n medium heat. Spoon a patter into a well-greased for 2 to 3 minutes. Continue	Calories 319 Total Fat 11g Saturated Fat 16g Unsaturated Fat 16g Cholesterol Omg Sodium 445mg Carbohydrate 56g Dietary Fiber 4g Sugar 30g Protein 2g
	1 cup shredded carrots ½ cup raisins			e best served immediately, he freezer for up to 1 mont ıster.	h

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





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