



GLUTEN-FREE, VEGAN PUMPKIN SPICE WAFFLES

Start your day the *MAPLE* way with these amazingly delicious gluten-free, vegan pumpkin spice waffles

INGREDIENTS

1 c. oat flour

1 c. gluten-free flour
(we used Bob's Red Mill 1:1
baking flour)

1/4 c. maple sugar

1 1/2 Tbsp arrowroot powder

1 1/2 Tbsp baking powder

2 1/2 tsp pumpkin pie spice (or 1
1/4 tsp cinnamon, 3/4 tsp ginger,
1/4 tsp nutmeg, 1/4 tsp cloves)

3/4 tsp salt

1 1/2 c. nondairy milk

1 c. pumpkin puree

1/4 c. aquafaba (egg white
substitute, the liquid leftover
from cooked chickpeas
or drained from a can of
chickpeas)

1/4 c. melted coconut oil

1 tsp vanilla extract

The Maple Valley Cooperative logo, featuring the text "MAPLE VALLEY cooperative" inside a stylized maple leaf shape.

**MAPLE
VALLEY**
cooperative

TAP INTO GREATNESS

Find more recipes at: maplevalley.coop



*Use Maple Valley syrup
in all of your recipes!*

SUBSTITUTE FOR SUGAR:

Use 2/3 cup of maple syrup for each cup of granulated sugar and reduce the quantity of liquid in the recipe (water, milk or juice) by about 1/4 cup. Reduce oven temperature by 25°F to prevent over-browning.

For honey, molasses or agave syrup, substitute maple in equal quantities.

DIRECTIONS

1. In a large bowl, whisk together the oat flour, gluten-free flour, coconut sugar, arrowroot powder, baking powder, pumpkin pie spice, and salt.
 2. In a medium bowl, whisk together the nondairy milk, pumpkin puree, aquafaba. Then whisk in the coconut oil and vanilla extract and quickly pour into the bowl with the dry ingredients (you want to prevent the melted coconut oil from solidifying once it hits the cooler wet ingredients). Stir until fully combined.
 3. Preheat your waffle iron, if needed. Pour the batter in your waffle iron, and cook according to your waffle iron's instructions. Serve immediately with Maple Valley organic maple syrup. Enjoy!
 4. Optional: Sprinkle some cashew pieces on top or pecans.
- Serve immediately with Maple Valley organic maple syrup.

Enjoy!