

# Pumpkin Chaffles

THM-Friendly: FP

- 1/4 cup pumpkin puree
- 1/2 cup egg whites
- 1 tsp. maple extract
- 1 wedge of Light Laughing Cow cheese
- 2 Tbsp. Baking Blend
- 1/4 tsp. baking powder
- 1/2 tsp. pumpkin pie spice
- 1 tsp. Super Sweet

Mix all the ingredients together. Heat up your little chaffle (waffle) maker. Brush with a little bit of coconut oil. Divide your batter into thirds and cook each third for several minutes. Top your chaffles with sugar-free maple syrup.

enJOY!

