

PUMPKIN KETO WAFFLES

4 eggs, separated

1 ½ teaspoon baking powder

½ teaspoon cinnamon

¼ teaspoon ground cloves

4 oz. (1/2 block) cream cheese

1 cup keto fuel powder

½ cup pumpkin puree

¼ cup heavy whipping cream

3 tablespoons granulated erythritol (swerve is my favorite)

¼ cup butter

Butter for topping

Place egg whites in a medium bowl and beat until soft peaks begin to form, set aside.

Place all remaining ingredients (including egg yolks) and blend until smooth. Heat waffle iron to medium. Using a pastry brush grease the waffle iron and pour batter onto pan. Butter generously and serve with homemade buttermilk keto syrup. Makes 4-6 waffles

To see this recipe made, go to “Living our keto Life” on facebook.

BUTTERMILK (KETO) SYRUP

(adapted from “baking outside the box”)

- ½ cup butter
- ⅔ cup powdered swerve
- ¼ cup cream
- ¼ cup water
- 1 tsp. cider vinegar
- ⅛ tsp. salt pinch
- ½ tsp. baking soda
- 1 tsp. vanilla extract or flavoring of choice (my favorite is coconut)

1. In a medium sauce pan, melt the butter.
2. Add the Swerve, salt, cream, water and vinegar.
3. Stir and bring mixture to a full boil.
4. Allow it to boil 1 minute.
5. Remove from the heat and stir in baking soda and vanilla or flavor of choice.
6. It will foam up a lot when you add the soda and flavoring.
7. Serve it warm over your favorite low carb pancakes, crepes or waffles.
8. Keep syrup in a container that can be used in both the microwave and the refrigerator.
9. Keep the syrup in the refrigerator between uses for up to 3 weeks. Stir and gently rewarm when needed before serving.

Makes about 1 ½ cups or 24 – 1 tablespoon servings

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