

Eek!

Cheesy Pumpkin Waffle Monster

Children will love these fun Monster Waffles for Halloween – let their imaginations run wild creating silly veggie faces!

Ingredients

320g spelt flour
1 tsp baking powder
2 tsp smoked paprika (sweet)
120g cheddar cheese (grated)
2 eggs
250ml milk
200g pumpkin puree
(see recipe notes)
25g butter (melted)
salt & pepper

Decorations

6 florets broccoli
3 radishes
6 olives (black)
6 slices cucumber
25g sunflower seeds
1 red pepper

1

Set your waffle maker to warm up whilst you make the waffle mixture.

In a large bowl, add the spelt flour, baking powder, sweet smoked paprika, grated cheddar cheese, salt and pepper.

Mix well.

2

In a separate bowl, combine the eggs, milk, pumpkin puree and melted butter.

Add the mixture to the dry ingredients and stir lightly until just combined.



3

Brush the waffle maker lightly with olive oil and use an ice cream scoop to fill the bottom iron – don't overfill as you really don't want the batter spilling over the sides.

Close the lid and allow to cook for 5 minutes.

Remove the waffles and keep warm whilst making the next batch.

Decorating the Waffle Monsters

Prepare the decorations:

- lightly steam the broccoli and slice
- slice the radishes and top with slices of black olive to create monster eyes
- halve the cucumber slices
- slice the pepper into mouth shapes
- have the sunflower seeds ready to make scary teeth.

Serve the waffles warm, and get creative with the veggie decorations to create fun monster faces!

Recipe notes

Pumpkin puree

You can find pure pumpkin puree tinned in the supermarket, or you can easily make your own:

Preheat the oven to 180c, line a baking tray with baking paper.

Halve a small pumpkin, scoop out the seeds and place the two halves face down onto the prepped tray.

Bake for around 45-60 mins until cooked through.

Allow to cool, scoop out the flesh and whizz in a blender until smooth.

Extra waffles can be frozen and stored for up to 3 months. Pop them into the toaster to defrost and reheat.

Gluten-free

Switch spelt flour to sorghum flour or gluten-free oat flour.

Egg-free

Omit the eggs and use a mix of 160g spelt/160g gram flour.

Dairy-free

Use olive oil and vegan mozzarella or cheddar alternative. You can also make them taste cheesy with a tbsp of yeast flakes smooched up into the pumpkin puree.



Print and play



Frightfully fast fun!!
Decorate shop-bought waffles!!

