



Hi everyone! I am *Kristen*.
A Registered Dietitian,
Mother, & Food lover
I will provide you with a complete
approach to healthy eating



HOME

ABOUT

RECIPES

MEDIA

CONTACT

SERVICES

THURSDAY, OCTOBER 1, 2015

Pumpkin Cream Waffle Cake



Yes it's that time of year again when I start posting delicious pumpkin recipes! I have been brainstorming over the past few months of some creative new pumpkin recipes to share with my readers. Last weekend I had a pumpkin recipe fail with an attempt at pumpkin pizza (I am hoping the second attempt is better), so I was thrilled when this super easy recipe for a *Pumpkin Cream Waffle Cake* turned out superb.

There is no joke when I say this is an easy recipe. To simplify things I used frozen waffles and mixed together pre-made whipped topping and yogurt for the filling. There was no whipping cream for this recipe (even though that is not a terribly difficult task either). The most difficult part was perfecting the drizzle for the glaze.



This cake could be served up for breakfast or as a treat. Honestly its not terribly sweet. Frozen waffles are



SEARCH THIS BLOG

Search

Thema des Tages
Fanservice pur: Bugattis verrückte Weltreise
 ads by **GOODIEBLOGR**

FOLLOW BY EMAIL

Email address... Submit

Want a Nutritionist in your pocket?!

Join Rise!
I can be your DAILY nutrition coach!

THIS MONTH'S TOP POSTS

- Pumpkin Cake Balls**
A few weeks ago one of my blogger idols, The Baker Mama, posted a picture of Pumpkin Cake Balls on her Instagram page. I instantly fe...
- Cauliflower Pizza Bites**
Happy Super Bowl Sunday! Who do you want to win the Super Bowl?! Broncos? Seahawks? I have never been much of a professional footbal...
- Pumpkin Cream Waffle Cake**
Yes it's that time of year again when I start posting delicious pumpkin recipes! I have been brainstorming over the past few months ...
- Whole Wheat Chocolate Chi Banana Muffins**

already low in sugar. I tried to keep the amount of added sugar in the creamy mixture to a minimum. For a slightly more sweet option you could always add more chocolate drizzle (perhaps even in between layers).

The recipe for Pumpkin Cream Waffle Cake makes two small cakes. Please note that each cake is meant to be split - so the recipe makes a total of 4 servings! I would recommend to eat the cake within 24 hours of making. For best results consume within a few hours of assembling. Due to the yogurt content keep refrigerated.



In other news we are starting to think about the plans for Little Man's first birthday. I can't believe he is almost one year old. Boy how time flies when you are having fun. It is difficult with modern technology not to go overboard with party planning. I told myself to try and keep things simple, but of course as I look online the ideas keep growing. Stay tuned to find out what theme we decide on!

Enjoy!

Kristen

Pumpkin Cream Waffle Cake

by Kristen Smith

Prep Time: 15-20 minutes

[Print](#) [Email](#) [Text](#)

[Pinterest](#) [Tweet](#) [Share](#)

Ingredients (4 servings (1/2 cake - makes 2))

- 6 frozen whole grain waffles
- 1 cup Tru Whip (or Cool Whip Lite)
- 1/2 cup + 2 tbsp plain Greek yogurt
- 1/3 cup pumpkin puree
- 2 tbsp sugar
- 1/4 - 1/2 tsp cinnamon
- 1/4 tsp pumpkin pie spice
- Optional: Chocolate sprinkles

Chocolate Glaze:

- 1/2 cup powdered sugar
- 2 tbsp unsweetened cocoa powder
- 2 tbsp milk
- 1/4 teaspoon pure vanilla extract

Instructions

1. Toast waffles until well down or crispy; Let cool.
2. In medium bowl whisk together cool whip, yogurt, pumpkin, sugar, spice, and cinnamon
3. Place waffle flat on plate, spread 1/6 of creamy mixture on waffle (spread until about 1/2 inch away from edge), place another waffle on top of creamy mixture for 2nd layer, spread 1/6 of creamy mixture over that waffle, place another waffle on top of creamy mixture for 3rd layer, spread 1/6 of creamy mixture on top
4. Repeat steps in #3 for second cake
5. Whisk together ingredients for chocolate glaze
4. Drizzle chocolate glaze over top of cakes. If desired add sprinkles.

Note: For a sweeter cake drizzle chocolate in between each layer



A traditional recipe for banana chocolate chips muffins with a few healthier substitutions no one will even know happened ...



Water Wednesdays:
Strawberry Lemon Basil
Water

Happy "Water Wednesday"!
The heat is well upon us as we start off the hottest month of the summer! Throughout the month of Au...

Featured Recipes



Low Fat Chocolate Pretzel Cookies

TAGS

Avocado baby Beverages **Breakfas**
Child Nutrition children chocolate exercis
Family Meals Family Nutrition Food Art FOO
Facts Fruit Fun Snack Creations giveaway
Holiday Lite Eats Media Mindful Eatin
Nutrition Tidbits Oat Flour parenting party pizz
pregnancy product review **Proteins** pumpki
Recipe Roundup Salad Savy Food Creation
Side Dish Single Serving **Snacks** Starche
Starters **Sweet Treats** trav
Vegetarian Veggies weight managemen
Whole Grain



TWITTER

Tweets by @AtlantaRD



Nutrition:

Serving size: 1/2 waffle cake • Servings: 4 • Calories: 278.1 kcal • Protein: 10.0 g • Carbs: 53.8 g • Fat: 4.4 g • Fiber: 4.4 g • Sugar: 28.2 g • Sodium: 333.3 mg

Powered by [Recipage](#)

You might also like:



Overnight Cookie Dough Oats



Fun Snack Creation: Cheesy Spring Chick



Easy Mac (and Cheese) for One



Skinny Coffee Yogurt Popsicles

[Link within](#)

Posted by FN at 9:30 AM Recommend this on Google

Labels: [Breakfast](#), [pumpkin](#), [Sweet Treats](#), [Whole Grain](#)

1 comment:



DISCLAIMER

Diese Website verwendet Cookies von Google, um ihre Dienste bereitzustellen, Anzeigen zu personalisieren und Zugriffe zu analysieren. Informationen darüber, wie Sie die Website verwenden, werden an Google weitergegeben. Durch die Nutzung dieser Website erklären Sie sich damit einverstanden, dass sie Cookies verwendet.

[WEITERE INFORMATIONEN](#) [OK](#)

Add comment

Enter your comment...

Comment as:

relating to your health. All nutrition facts are only estimates. In most recipes product brands are not indicated. The usage of different product brands and types can alter the nutrition content.

[Home](#)

[Older Post](#)

Subscribe to: [Post Comments \(Atom\)](#)

DISCLOSURE