KIKKOMAN

Savory pumpkin waffles with goat cheese and pear

Total time **30 mins** **30 mins** preparation time

Nutritional facts (per portion):
866 kJ / 207 kcal

INGREDIENTS

4 portion(s)

Pastry

110 g	oat flour
170 g	kefir
80 g	pumpkin purée
1	egg
2 tbsp	chopped chives
2 tbsp	chopped parsley
1.5 tbsp	Kikkoman Naturally Brewed Soy Sauce

Additionally

50 g	goat's cheese
1	pear

PREPARATION

Step 1

Thoroughly mix the ingredients for the waffles with a whisk.

Step 2

Bake crispy waffles in a preheated lightly greased waffle iron (baking time depends on our equipment).

Step 3

When ready, we serve it with goat's cottage cheese and a slice of pear.