



Pumpkin Surprise Waffle Tacos



1/4 of recipe (1 taco): 158 calories, 7g total fat (1.5g sat. fat), 231mg sodium, 19.5g carbs, 2g fiber, 5g sugars, 4g protein

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Prep: 10 minutes **Cook:** 10 minutes

Cool: 5 minutes



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Ingredients

- 4 frozen waffles, thawed
- 1/4 cup canned pure pumpkin
- 2 tbsp. fat-free plain Greek yogurt
- 1/4 cup light whipped topping (thawed from frozen)
- 1/2 packet natural no-calorie sweetener
- 1/2 tsp. vanilla extract
- 1/4 tsp. cinnamon, or more for topping
- 1 dash pumpkin pie spice
- 1 dash salt
- 1/2 cup chopped Fuji or Gala apple
- 1/2 oz. (about 2 tbsp.) chopped walnuts

Directions

Preheat oven to 425°F.

Use a rolling pin to flatten thawed waffles as much as possible. Evenly drape each waffle over the side of an 8" X 8" baking pan, like upside-down tacos.

Bake until crispy and firm, about 10 minutes.

Transfer waffle taco shells to a plate or a taco stand. Let cool, about 5 minutes.

In a medium bowl, combine all remaining ingredients except apple and walnuts. Mix until smooth and uniform. Add apple, and gently stir.

Distribute filling among the taco shells. Top with walnuts.

MAKES 4 SERVINGS

HG Tip: Make the mixture and taco shells ahead of time, then stuff just before serving!

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