



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

[Click for WW Points® value*](#)

WW Points® value 5*

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

Cool: 5 minutes



More: [Dessert Recipes](#), [Holiday Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

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!

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.
*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.