

Hazelnut Harvest Waffle with Cranberry Pear Sauce

2 cups	Cranberries, fresh or frozen
1 cup	Orange juice
2/3 cup	Sugar
2	Pears, peeled, cored, cut into 1-inch cubes
1 teaspoon	Bourbon whiskey or vanilla extract
1 cup	Prepared whipped topping, low fat
1 2/3 cups	Pancake mix
1 cup	Hazelnuts, toasted, skin removed, diced
1 1/4 teaspoons	Allspice, ground
3/4 cup	Pumpkin, canned, solid-pack
3/4 cup	Milk, whole
2	Eggs
1 tablespoon	Vegetable oil



Preheat waffle iron.

Bring cranberries, orange juice and sugar to boil over medium high heat in medium saucepan. Reduce heat to low boil and cook for 7 minutes. Add pears and continue to low boil for 6 to 8 minutes until berries burst, pears are softened and mixture is reduced to 2 cups. Remove from heat.

Stir bourbon or vanilla into whipped topping until blended; cover and refrigerate.

Blend pancake mix, hazelnuts and allspice in large bowl; set aside.

Whisk pumpkin, milk, eggs and oil in small bowl until blended. Stir into spice-mixture until blended. If mixture is too thick, add additional milk, 1 tablespoon at a time.

Spread 1 1/3 cups batter over preheated waffle iron. Cook as directed on mix package. Place 1/4 cup cranberry-pear sauce over each waffle square. Dollop 2 tablespoons whipped topping over compote. Dust with additional ground cinnamon and chopped hazelnuts, if desired. Serve immediately. Makes 4, 2-waffle square servings.

Nutritional Analysis Per Serving: Calories 750 (35% Calories from Fat), Protein 16g, Carbohydrate 111g, Fiber 11g, Fat 30g, Sat. Fat 4.5g, Cholesterol 120mg, Sodium 710mg