

Grain-Free Waffles

Ingredients:

Wet ingredients:

- 3 Eggs
- $\frac{3}{4}$ Cup unsweetened Almond milk (or other milk like unsweetened coconut or goat)
- 3 Tbs. Melted and cooled coconut oil (or other oil, like avocado or rice bran)
- $\frac{1}{2}$ tsp. vanilla extract

Dry ingredients:

- 1 $\frac{1}{2}$ Cup Almond flour
- $\frac{1}{4}$ Cup Tapioca flour or Arrowroot
- $\frac{1}{4}$ Cup Plantain flour (substitute millet, sorghum, cassava or more almond flour if needed)
- $\frac{1}{4}$ tsp. Baking soda
- $\frac{1}{4}$ tsp Baking powder (possibly more for thicker waffles makers)
- $\frac{1}{4}$ tsp salt
- $\frac{1}{8}$ tsp. Monk fruit or other sweetener to taste
- Optional : cinnamon, cardamom or cocoa powder (may need to increase sweetener slightly for cocoa)

Directions:

- Put wet ingredients into blender, pulse once or twice to mix.
- Have dry ingredients mixed together in another bowl
- Put dry ingredients on top of wet in the blender
- Pulse a few times to get them blending, then blend until smooth. You may need to stop and scrape the sides.
- You may need to add a little more milk to create a not too thick consistency. It should pour nicely.
- Preheat the waffle iron while the batter rests for 5 minutes.
- When iron is ready, pour batter from blender onto surface, about $\frac{1}{2}$ full.
- Cook for 3-5 minutes depending upon iron and desired crunchiness.

Alternatives:

- Add Blueberries (They squish a bit, but taste good)
- Substitute almond extract for vanilla extract (*use a bit less and taste)

You can spread on a bit of Southern European butter, but do not need to add any syrup because the Monk fruit (or stevia, Swerve etc) and spices already causes them to taste yummy.

For desert, pop a square in the toaster, cut into strips and dip into yogurt or custard!!

Add a bit less milk and use as pancake batter.