

Waffles

Preheat waffle Iron

I usually put wet ingredients into my blender then add the mixed dry ingredients and pulse. After the batter is made I usually just pour it onto the griddle.

Dry Ingredients: (mix together)

(2 1/4 Cups total flours of your choice)

1 1/4 Cup Blanched Almond flour

1/4 Cup Cassava flour

1/4 Cup Coconut flour

1/4 Cup Plantain flour

1/4 Cup Arrowroot or Tapioca Flour

1/2 tsp himalyan or sea salt

1/2 tsp. xanthan gum

1/2 tsp Baking powder

1/4 tsp Baking Soda

sweetener to taste. (I use 1/8 tsp 40% pure monkfruit, or Better Stevia Glycerite)

Cinnamon, cardamon, fresh ground nutmeg to taste (approx 1tsp, 1/4 tsp, 1/8 tsp)

Wet Ingredients:

3 Pastured eggs

3 Tbs. Coconut Oil

1 1/2- 2 Cups water

1/2 tsp Vanilla extract or vanilla paste

Use more milk to get the thickness that you want for your griddle. add a little at a time.

**If your griddle makes thick waffles, you can add blueberries, chocolate chips etc. by hand