

FEATURED RECIPE

Ingredients:

1 egg, room temperature
1 1/2 cup milk (dairy or non-dairy)
2 Tbsp. orange juice (freshly squeezed, if you can)
1 tsp. vanilla extract
3 Tbsp. melted coconut oil (or butter)
2 Tbsp. flaxmeal
1/2 cup almond flour
1/2 cup plus 1 Tbsp. white whole wheat flour
1/2 cup oat flour
2 Tbsp. brown sugar or honey
Pinch of cinnamon
2 tsp. baking powder
1/2 tsp. sea salt

Optional:

Flour variations include: spelt, gluten-free and buckwheat

Try adding chia seeds for extra protein, omega-3 fatty acids, amino acids, and fiber!



Weekend Waffles // Serves 4 (Plus leftovers)

Inspired by Sprouted Kitchen

These waffles have become a Saturday morning staple at my house. I have found that when friends visiting from out of town stay at my house, these waffles are their number one request. Yes, they really are that good. The best part of this recipe is that it allows for a wide variety of substitutions to be made. As long as the proper proportions are maintained, the flours, milk and sweetener can be adjusted according to your possible sensitivities and taste preferences. I like making this recipe for myself and freezing the extras for a nutritious and quick breakfast.

Heat waffle iron. While the iron is heating, whisk the egg, milk (or non-dairy beverage), orange juice and vanilla together. Whisk in the melted coconut oil. Add the dry ingredients into a mixing bowl and mix well, pressing out any clumps you find. Add the wet ingredients to the dry and mix just until combined. Let the mixture sit for a few minutes to allow for the flaxmeal to absorb some liquid. Add enough liquid to fill your waffle iron, but do not over fill. Allow waffle to cook based on your waffle iron (some have a small light that turns off). Remove waffles, but don't stack them— they will steam each other. Lay flat on a cooling rack. Enjoy warm and top with your favorite waffle fixings.



Julie Dahlen
Health Education Intern