



Gluten-free Ancient Grain Waffles Recipe

Ingredients

125 g Sorghum Flour
65 g Whole Buckwheat Flour
20 g IntegriPure® Milled Flax
28 g IntegriPure® Whole Chia
10 g Baking Powder
2.5 g Baking Soda
1.25 g Salt
425 mL Unsweetened Almond Milk
2 Whole Large Eggs
30 mL Melted Coconut Oil
15 mL Maple Syrup
5 mL Vanilla Extract

Yield: 4-6 waffles

1. Preheat waffle iron according to the manufacturer's instructions. Lightly grease with cooking spray.
2. In a large bowl, whisk together sorghum flour, buckwheat flour, milled flaxseed, chia, baking powder, baking soda, and salt.
3. In a separate bowl, whisk together the almond milk, coconut oil, eggs, maple syrup, and vanilla extract.
4. Pour the wet ingredients into the dry ingredients and mix until just combined.
5. Pour batter into your preheated waffle iron according to the manufacturer's instructions.
6. Cook the waffles for 3-5 minutes, or until golden brown and crispy.
7. Serve immediately with your favorite toppings like fresh fruit, maple syrup, whipped cream, or nut butter.