

GLUTEN-FREE BUCKWHEAT WAFFLES

([glutenfreegourmand](#))

1 cup gluten-free pastry flour (I used Bob's Red Mill flour mix)
1/2 cup buckwheat flour
1/2 cup brown rice flour
2 tsp. baking powder
3/4 tsp. salt
1/2 tsp. baking soda
1/4 tsp. xanthum gum (if your flour mix doesn't already have it included)
1/4 cup sugar

2 eggs, separated
pinch of cream of tartar
2 cups milk
5 Tbsp. butter, melted

Mix flours, baking powder, salt, baking soda, xanthum gum and sugar in a large bowl.

Beat the egg whites and cream of tartar until stiff in a separate bowl. You will know when they are ready when the eggs stick to the bottom of the bowl when tilted. At this point, stop beating the eggs immediately -- you don't want the egg whites to be dry.

In a medium bowl, whisk the egg yolks, milk, and melted butter. Add the wet ingredients to the dry ingredients and mix until combined. Pour 1/4 of the fluffy egg whites into the batter and gently fold them in with a rubber spatula, then fold the rest of the egg whites into the batter as well. You can stop folding when only a tiny amount of the egg whites is still distinguishable.

Pour 1/2 to 1 cup of the batter into a heated, greased waffle iron and cook until amount of steam coming out of the iron is decreased significantly. Repeat until batter is used. Serve waffles right off the iron or put them in a 250F oven to keep them warm.

Serves 6.

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