

WHOLE-GRAIN FREEZER WAFFLES

(from *Nourishing Meals* by Alissa Segersten)

from *The Cooks Next Door*

DRY MIX

1 1/2 c. brown rice flour
1 c. teff flour
1 c. millet flour
1 c. tapioca flour
1/2 c. quinoa flour
4 tsp baking powder
2 tsp baking soda
2 tsp cinnamon (opt.)
1 tsp sea salt

Place all ingredients into a large bowl. Using a wire whisk, mix well. Place into an airtight container. Makes 5 cups or 5 batches of waffles.

WAFFLES

2 Tbsp waffles
2 Tbsp very hot water
2 Tbsp unsweetened applesauce
2 Tbsp melted coconut oil
1 Tbsp maple syrup
1 c. milk (I used almond milk)
1 c. Waffle mix

Place the ground flax seeds and hot water into a medium-sized mixing bowl; quickly whisk together until the flax forms a thick gel. Sometimes this doesn't happen right away so keep whisking until the gel forms. Add the applesauce, coconut oil, maple syrup, and milk and whisk together well. Then add the waffle mix. Whisk together until the batter is smooth.

Heat waffle maker and cook according to waffle make directions.

If you plan to freeze them, cool completely and then layer between pieces of waxed paper and place in freezer bags.