

Almond Flour Waffles

Servings: 4 waffles

Prep time: 15 minutes

Cook time: 5 – 7 minutes per waffle

Ingredients:

- 1 cup almond flour
- 1 tablespoon ground flaxseed
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon cinnamon
- 1 egg
- 3 tablespoons melted butter or coconut oil
- 1 teaspoon vanilla extract
- 1/2 cup milk (almond, coconut, or dairy)
- 2 tablespoons maple syrup or honey (optional, for sweetness)

Directions:

Step 1

Combine Dry Ingredients: In a medium bowl, whisk together almond flour, ground flaxseed, baking powder, salt, and cinnamon.

Step 2

Combine Wet Ingredients: In a separate bowl, whisk together egg, melted butter or coconut oil, vanilla extract, and milk (or milk alternative).

Step 3

Combine Wet and Dry: Pour the wet ingredients into the dry ingredients and whisk until just combined. The batter will be slightly thick.

Step 4

Let Batter Rest: Let the batter sit for 5-10 minutes to allow the flaxseed to thicken.

Step 5

Cook Waffles: Preheat your waffle iron. Pour 1/4 cup of batter onto the preheated waffle iron. Cook according to your waffle iron's instructions until golden brown and cooked through.

Step 6

Repeat: Repeat with the remaining batter to make 4 waffles.

Tips and Variations

- **Sweetener:** Add 1-2 tablespoons of maple syrup or honey to the batter for sweeter waffles.
- **Add-ins:** Stir in chopped nuts, blueberries, or chocolate chips to the batter. Top with mashed fruit like strawberries and blueberries!
- **Make Ahead:** Store leftover waffles in an airtight container in the refrigerator for up to 3 days. Reheat in a toaster.