

Fluffy Golden Waffles

About the Recipe

Calories · Protein · Fiber
Breakfast

Ingredients

Makes 5 Servings

- 1 1/4 cups oat milk
- 1/2 teaspoon apple cider vinegar
- 1/2 cup rice flour
- 1 cup fine corn flour
- 3/4 cup oat flour
- 1 tablespoon arrowroot powder
- 2 teaspoons ground flaxseed
- 3 tablespoons evaporated cane sugar (or organic sugar)
- 1 teaspoon baking powder (gluten-free)
- 1/2 teaspoon sea salt
- 1/2 teaspoon ground cinnamon
- 1 tablespoon maple syrup, plus more for topping
- 1 teaspoon nonalcoholic vanilla flavor
- 1/4 cup neutral-tasting high-heat oil (safflower)
- 1 pint seasonal berries (blueberries, blackberries, and/or raspberries)

Directions

1. Combine oat milk with apple cider vinegar and set aside for 2 minutes to curdle slightly.
2. In a large bowl, whisk together rice flour, corn flour, oat flour, arrowroot, flaxseed, sugar, baking powder, sea salt, and cinnamon.

3. Add oat milk mixture, vanilla, maple syrup, and oil to mixture. Whisk to incorporate until uniform.
4. Heat waffle iron. Pour 1/2 cup batter onto hot waffle iron. Close lid and cook until golden brown on a number-4 setting, about 3-4 minutes. Waffle size will vary depending on size of waffle iron.
5. Serve warm. Top with berries when serving and drizzle with additional maple syrup.

Nutrition Facts

Per Serving:

Calories: 413

Total Fat: 14 g

Saturated Fat: 1 g

% Calories From Fat: 31%

Cholesterol: 0 mg

Protein: 7 g

Carbohydrate: 66 g

Sugar: 12 g

Fiber: 8 g

Sodium: 364 mg

Calcium: 167 mg

Iron: 2 mg

Vitamin C: 10 mg

Beta-Carotene: 36 mcg

Vitamin E: 4 mg

Information is per waffle.