



LIFE EVOLUTION COACH.COM

PRESENTS....

Let's Get Cooking!!!

## Waffles – Dairy Free, Gluten Free, Vegan

Prep Time: 15 minutes

Cooking Time: 10  
minutes

Serves



### Ingredients

130 g oat flour  
2 teaspoons baking powder  
½ teaspoon salt  
180ml room temperature  
coconut milk  
60ml + 1 tablespoon melted  
coconut oil or 5 tablespoons  
dairy free butter, melted  
2 large eggs  
2 tablespoons maple syrup  
1 teaspoon vanilla extract

### Method

1. In a mixing bowl, mix all the dry ingredients; oat flour, baking powder and salt. In another bowl, whisk together the wet ingredients: milk, melted coconut oil or butter, eggs, maple syrup and vanilla extract.
2. Pour both the dry and wet ingredients in a blender/food processor and blend for a few seconds until mixed completely.
3. Leave the batter to sit for 10 minutes while you heat your waffle iron. Mix again before pouring batter onto the waffle iron.
4. Pour the batter onto the waffle iron, close and cook until golden brown and crispy.
5. Repeat until all the batter is used up.
6. Do not stack the waffles as you will lose that wonderful crispy texture
7. Serve with maple/golden syrup or honey. Add berries for a healthy treat with lots of antioxidants.