



GLUTEN FREE APPLE WALNUT CINNAMON WAFFLES

This amount made 4 waffles.

INGREDIENTS:

1 Cup Better Batter Gluten Free All Purpose Flour Blend
1 1/2 tsp. Baking Powder
1/4 tsp. salt
1 1/2 TBS. Honey
3/4 cup Almond Milk
2 eggs - see specific instructions below
1/2 TBS. Almond Extract
1/4 cup Coconut Oil

Additional Ingredients:

1 tsp. Cinnamon
1 Apple, grated
1/4 cup walnuts, very finely chopped

Butter and Honey for topping.

DIRECTIONS:

In a medium sized mixing bowl, sift together the flour, salt, and baking soda, and cinnamon if using.

****For the EGGS: Separate the eggs, keeping BOTH egg whites in a bowl, whipping them until stiff peaks form. Discard ONE of the yolks, but add the other to the milk mixture below.**

In another small mixing bowl combine the milk, honey, 1 egg yolk, and almond extract. Once combined, add in the grated apple and walnuts. Stir to blend.

Add this liquid mixture into your flour mixture. Stir to combine. Then add in the whipped egg white and fold until almost combined, but not fully mixed in.

Spoon mixture into waffle iron and cook. I topped these with butter and local honey.

Our sausage is a gluten free turkey breakfast sausage - Sheltons' brand. Our first time trying it - and it wasn't too bad.