



Prep	Cook	Ready in	Servings
30 min	6 min	36 min	6

Vegan GF Millet Almond Waffles (NHTTIN)

Ingredients

228 gm	Sorghum flour (You can use Millet flour as well)	5 gm	Himalayan sea salt
155 gm	Almond flour/meal, Bob's Red Mill (We use Blue Diamond Almond Flour)	35 gm	Applesauce, unsweetened
81 gm	Tapioca starch	35 gm	Lemon juice (or 1 large lemon or 2 medium lemons juiced)
55 gm	Buckwheat flour (you can also use brown rice flour)	585 gm	Almond milk, unsweetened (Any non-diary milk can be substituted.)
8 gm	Psyllium seed husk	115 gm	Coconut milk, reduced fat
15 gm	Flaxseeds (freshly ground is best to get the most omega-3's)	1 tbsp	Maple syrup, pure (optional)
40 gm	Carob powder (raw is best gives a great sweet flavor)	100 gm	Chickpea water (This is used to make whip, like when you whip egg whites)
		1 dash	Lemon juice (this is to help stiffen the chickpea whip like cream of tatar)

Instructions

1. Grind berries on pastry setting. If you are using flour skip to step 2.
2. Combine all dry ingredients into a bowl. Hand whisk all ingredients together well.
3. Mix together the Coconut milk, applesauce, lemon juice, nut milk, (optional maple syrup) in bowl or measuring cup and let it stand for 5 min to allow lemon juice and fat to curdle to add more air to waffle batter. It will be like vegan butter milk with lumps in it.
4. Add the wet ingredients to the dry ingredients in a bowl. Use a whisk to mix for 1-2 minutes to mix all the ingredients together. The batter should be creamy. Do not over mix. Mixing too much can cause tough waffles in the end.
5. Let the batter rest for about 5-10 minutes to allow the psyllium husk to gel and form the gluten like strands. This resting time will also show if we need to add a little more moisture before we fold in our chickpea whip.
6. Add Chickpea juice into the bowl of your stand mixer with whisk attachment. Place 1/8 tsp of lemon juice in with the chickpea juice. The lemon acts like cream of tartar to help the Chickpea juice form stiff peaks. Whisk for around 5-10 minutes or until stiff peaks are formed.
7. This next step may differ depending on the size of your waffle maker. We use 1 heaping cup for our waffle maker. Take 1 heaping cup and pour your batter into your waffle iron., you may need to spread across your waffle iron with the back of a spoon. Now wait based on your waffle makers instructions until your waffle is finished cooking. Ours takes 6 minutes per waffle. Once waffle is cooked you can remove waffle and place on a wire rack to cool or onto you plate to eat. Yummy.

Nutrition Facts	
Per Portion	
Calories	464
Calories from fat	171
Calories from saturated fat	27.4
Total Fat	19.0 g
Saturated Fat	3.0 g
Trans Fat	0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	1.4 g
Cholesterol	0
Sodium	481 mg
Potassium	493 mg
Total Carbohydrate	65 g
Dietary Fiber	8.4 g
Sugars	7.0 g
Protein	12.1 g

Dietary servings

Per Portion

Grain	2.0
Meat Alternative	1.0
Milk Alternative	0.4

Energy sources

Carbohydrates	53%
Fat	37%
Protein	10%