

## **Waffles**

Don't you just love a crisp waffle for breakfast, buttered and drizzled with maple syrup? Or dressed up with yogurt and ripe, fresh fruit? Me, too! Be sure to prepare your waffle iron (regular or Belgian) following the manufacturer's directions, since brands may differ. The dimensions and number of waffles will also vary depending on the size of your particular appliance.

Makes 4 (8-inch) waffles

Preparation time: 5 minutes

Cooking time: 4 to 6 minutes per waffle

2 cups Gluten-Free Flour Blend (see below)

3/4 cup milk of choice

4 teaspoons baking powder

2 teaspoons sugar

1 teaspoon baking soda

1/2 teaspoon salt

2 large eggs, beaten

1/4 cup canola oil

1. In a medium bowl, whisk all of the ingredients together until well blended. Heat the waffle iron according to the manufacturer's directions.

2. Pour one-quarter of the batter (or the manufacturer's recommended amount) onto the heated waffle iron. Close and bake until the steaming stops and the waffle is deeply browned, 4 to 6 minutes depending on your appliance. Repeat with remaining batter. Serve immediately.

*Per waffle: 415 calories; 7g protein; 17g total fat; 2g fiber; 62g carbohydrates; 95mg cholesterol; 1120mg sodium*

## **Carol's Gluten-Free Flour Blend**

1 1/2 cups sorghum flour or brown rice flour (35%)

1 1/2 cups potato starch or cornstarch (35%)

1 cup tapioca flour (30%)

Whisk together until thoroughly blended and store, tightly covered, in a dark, dry place.