



40 ways to waffle

Chapter One: Classics!

Extra Crispy Waffles Two Ways!



Paleo Almond Flour Waffles

1 packed cup Blanched Almond Flour (120g)
½ cup Tapioca Starch (70g)
2 tsp. Baking Powder
2 TBSP Granulated Sugar (any variety)
¼ tsp. Salt
1 Large Egg
¼ cup + 1 TBSP Mild flavored oil, melted
Salted butter, or ghee (dairy or nondairy) (60g)
½ cup + 2 TBSP Milk (dairy or nondairy) (136g)
1 tsp. Lemon Juice or Vinegar

Extra Crispy White Rice Flour Waffles (Modified Paleo)

1 ¼ cup Superfine White Rice Flour
½ cup Potato Starch
1 tsp. Potato Flour
2 tsp. Baking Powder
2 TBSP Granulated Sugar (any variety)
¼ tsp. Salt
½ cup Oil or melted butter (dairy or non-dairy)
1 ¼ cup Milk (dairy or nondairy)
1 ½ tsp. Lemon Juice or Vinegar

Directions for Both Extra Crispy Waffle Recipes

1. Pre-heat waffle maker.
2. Mix all ingredients to create waffle batter.
3. Spray griddle with oil and pour batter onto pre-heated griddle. Times may vary.

Recipe will yield between 4- 10 waffles depending on the thickness of each waffle you make.



Coconut Flour Waffles!

- 5 large Eggs
- ½ cup Milk, dairy or non-dairy
- ½ cup + 2 TBSP melted Butter or mild tasting Oil
- ½ cup + 2 TBSP granulated Pure Cane Sugar
- ¼ tsp. Salt
- ½ cup Coconut Flour
- ¾ cup Potato Starch
- 1 TBSP Lemon Juice
- 1 TBSP Vanilla
- 1 TBSP Baking Powder

Directions

1. Pre-heat waffle maker to medium heat if your iron has a number setting.
2. In a blender or food processor combine the eggs, milk, butter/oil and sugar. Blend together until frothy, about 1 minute.
3. Add to the blender the salt, coconut flour, potato starch, lemon juice and vanilla. Blend until well combined, about 1 minute.
4. By hand, mix in the baking powder.
5. Liberally oil the pre-heated waffle iron and pour on the batter using a ⅓ measuring cup. Allow to cook for about 2 minutes or until golden and crispy. Times will vary depending on your waffle iron.

Yields about 6-7 Waffles

Chapter Two: Breakfast

Banana Muffin Waffles!



- ¼ cup Chestnut Flour
- ½ cup pureed Bananas (2 medium)
- ½ cup Milk, dairy or non-dairy
- ¼ cup melted Butter or Oil
- 2 tsp. Vinegar
- 1 tsp. Vanilla
- 1 tsp. Cinnamon
- ½-¾ cup Palm Sugar (less for very ripe bananas, more for less ripe bananas)
- 2 tsp. Baking Powder
- ¼ tsp. Salt
- ½ tsp. Xanthan Gum
- 2 tsp. Vinegar
- ½ cup chopped Pecans, optional

Directions:

1. Pre-heat waffle maker.
2. Mix all ingredients to create waffle batter.
3. Spray griddle with oil and pour ½ cup of batter onto pre-heated griddle.

Cooking times may vary.

Blueberry Muffin Waffles



5 large Eggs
½ cup Milk, dairy or non-dairy
½ cup + 2 TBSP melted Butter
or mild tasting Oil
½ cup + 2 TBSP granulated
Pure Cane Sugar
¼ tsp. Salt
½ cup Coconut Flour
¾ cup Potato Starch
1 TBSP Lemon Juice
1 TBSP Vanilla
1 TBSP Baking Powder
1 cup fresh or frozen and
thawed Blueberries

Directions

1. Pre-heat waffle maker to medium heat if your iron has a number setting.

2. In a blender or food processor combine the eggs, milk, butter/oil and sugar. Blend together until frothy, about 1 minute.

3. Add to the blender the salt, coconut flour, potato starch, lemon juice, and vanilla. Blend

until well combined, about 1 minute. Add the blueberries and pulse into the batter until well combined but still slightly intact. You don't want to completely puree the blueberries!

4. By hand, mix in the baking powder.
5. Liberally oil the pre-heated waffle iron and pour on the batter using a ½ measuring cup. Allow to cook for about 2 minutes or until slightly golden around the edges. Times will vary depending on your waffle iron.

Yields about 6-7 large waffles.

Classic Waffle French Toast

Waffle meets French toast, and you will be delighted with this crunchy, creamy combination. Try these with cranberry orange or strawberry waffles for fun!



8 Crispy Waffles, from recipe of your choice
4 Large Eggs
2/3 Cup Milk (dairy or nondairy)
2 tsp. Cinnamon
A pinch of salt
1 pat of Salted Butter or ghee

Directions

1. Begin by toasting your waffles slightly. Gluten free waffles tend to absorb a lot of moisture, creating a very soggy French toast, so pre-toasting your waffles will help this to not happen.
2. In a bowl mix together the eggs, milk, cinnamon and salt.
3. Heat a pat of butter in a saucepan over medium heat.
4. Dunk one side of the waffle in the batter and place in saucepan.
5. Pour some batter on non-battered side and then flip. If making waffle French toast it's important that you don't dunk both sides to begin with as the waffles can end up a bit soggy!

Cranberry Orange Waffles!



½ cup Coconut Flour
½ cup Tapioca Starch
1 TBSP Baking Powder
¾ cup Organic Cane Sugar
⅛ tsp. Salt
4 large Eggs
¼ cup + 3 TBSP Orange Juice
¼ cup melted Butter or Oil
¾ cup fresh, frozen and
thawed, or dried Cranberries
Zest of 1 Orange

Directions

1. Pre-heat Belgian style waffle maker. If you have the option, pre-heat to a medium setting.
2. Mix all ingredients to create waffle batter.
3. Spray griddle with oil and pour a heaping ½ cup of batter onto pre-heated griddle. Cooking times may vary. Yields between 4-5 Belgian waffles

Egg Free Banana Waffle French toast



8 Extra Crispy Paleo Almond
Flour or White Rice Flour
Waffles
2 Bananas
3/4 Cup Milk (dairy or
nondairy)
1 1/2 tsp. Cinnamon
1 tsp. Vanilla
Pinch of salt

Directions

1. Begin by toasting your waffles.
2. In a bowl mix together the bananas, milk, cinnamon, vanilla and salt and mashing until mixture is smooth.
3. Heat a pat of butter in a saucepan over medium heat.
4. Dunk one side of the waffle in the batter and place in saucepan.
5. Pour some batter on non-battered side and then flip. It is important that you don't dunk both sides to begin with as the waffles can end up a bit soggy!

Strawberry Waffles!



1-1.2 oz. Package Dehydrated Strawberries (34g)
1 Egg
¼ cup plus 1 TBSP Oil (70g)
½ cup Milk**See note (120g)
1 tsp. Lemon Juice
¼ cup plus 2 TBSP Honey or Granulated Maple Sugar **See note (126g)
1 ½ packed cups Almond Flour (216g)
½ packed cup Potato Starch (88g)
½ packed cup Tapioca Starch (66g)
2 tsp. Baking Powder
¾ tsp. Salt
Natural food coloring (optional) the amount you use is up to you!

Directions:

1. Preheat your waffle maker.
2. Crush your dehydrated strawberries into a powder.
3. Place the now powdered strawberries in a stand mixer with the egg, oil, milk, lemon juice, and honey (or maple sugar if using).
4. Add in the almond flour, potato starch, tapioca starch, baking powder, and salt.
5. Once the waffle batter is well mixed through, its time to cook the waffles!
6. Scoop ¼ cup of batter onto oiled waffle iron.

Yields 4-5 large waffles.

Note- you can sub in granulated maple sugar for the honey, using the same amount. If you choose to use the granulated maple sugar you will need to add an additional 3 TBSP of milk.

Chapter Three: Savory

Bacon Cheddar Green Onion Waffles



Paleo Version

1 packed cup of blanched Almond Flour
1/2 cup Tapioca or Arrowroot (starch)
2 Tsp. Baking Powder
1/4 Tsp. Salt
1 Large Egg
1/4 cup + 1 TBS of mild flavored oil or melted butter (dairy or nondairy)
1/2 cup of Milk (dairy or nondairy)
1 tsp. Lemon Juice (or Vinegar)
1/2 cup- 3/4 cup cheddar cheese (dairy or nondairy shreds such as Daiya)
1/2 cup green onions, chopped

Gluten Free/ Vegan Version

1-Cup Sorghum Flour (or Rice Flour)
1/2 Cup Potato Starch
1 tsp. Potato Flour
2 tsp. Baking Powder
1/4 tsp. Salt
1/2 Cup Oil or melted butter (dairy or non-dairy)
1 1/4 Cup Milk (dairy or nondairy)
1 1/2 tsp. Lemon Juice or Vinegar
1/2 cup- 3/4 cup cheddar cheese (dairy or nondairy shreds such as Daiya)
1/2 cup green onions, chopped
1/2 cup crispy bacon, chopped

1. Pre-heat waffle maker.
2. Mix all ingredients to create waffle batter.
3. Spray griddle with oil (or grease with oil by hand) and pour batter onto pre-heated griddle. Times may vary. Recipe will yield between 4- 10 waffles.

BLT Waffles!



Paleo Waffle Recipe or
Coconut Flour Waffle
Recipe
Bacon, Cooked
Lettuce
Tomato
Mayonnaise or veganaise

Directions:

1. Make your waffle of choice.
2. Break waffle in half, and spread mayonnaise or veganaise on bottom half
3. Layer, bacon, lettuce and tomato
4. Top with other waffle half and enjoy!

Burger Club Waffle Sandwich



Paleo Waffle Recipe or Gluten Free
Vegan Waffle Recipe
Burgers
Lettuce
Tomato
Mayo

Directions:

1. Make your waffle of choice.
2. Spray skillet with oil and place over high heat.
3. Once the skillet is pre-heated add the Burgers. Burgers should cook 2-4 minutes per side depending on how you like them.
4. When burgers are done, it is time to assemble your sandwich

Chinese Scallion Pancakes



1 ¼ cup Superfine Rice Flour
(200g)
1 cup Tapioca Flour (132g)
½ cup (1 stick) plus 2 TSBP
Butter, room temperature (cut into
flour)
1 tsp. Salt, to taste
½ cup Water
¾ tsp. Xanthan or Guar Gum
1 tsp. Garlic Powder
3-4 Chopped Scallions

Directions

1. Preheat round thin waffle maker
2. Combine the rice and tapioca flours and cut in the butter.
3. Add the salt (to taste), water, xanthan gum, garlic powder and chopped scallions to the flour and butter mixture. Mix well with your hands to combine.
4. Liberally spray waffle iron with cooking spray
5. Using about ⅓ cup of the batter, pour into the center of the iron
6. Cook for 3-4 minutes or until crisp and slightly golden/ Yields 4-6 thin waffles

Cornbread Waffles with Chili Topping



Directions

1. Pre-heat waffle maker.
 2. Mix all ingredients to create waffle batter.
 3. Spray griddle with oil and pour $\frac{1}{2}$ cup of batter onto pre-heated griddle. Times may vary.
 4. Allow to cook for about 2 minutes.
 5. Serve waffles alone or top with my delicious chili!
- Yields about 7 medium size waffles

Waffles:

- 1 cup Millet Flour
- 1 $\frac{1}{4}$ cup Cornmeal
- $\frac{1}{2}$ tsp. Salt
- 1 tsp. Xanthan Gum
- 2 tsp. Double Acting Baking Powder
- 1 $\frac{1}{4}$ cup Water or Milk, dairy or non-dairy
- $\frac{1}{2}$ cup mild tasting Oil or melted Butter
- $\frac{1}{4}$ cup + 2 TBSP Honey
- 1 TBSP Vinegar

Chili:

- 1 $\frac{1}{2}$ cups Onion, chopped
- 1 green bell pepper, chopped
- 1 yellow bell pepper, chopped
- 3 garlic cloves, chopped (2 tsp.)
- 1 Jalapeno, seeded and diced (optional)
- 2 lbs ground beef
- 1-28 oz. can crushed tomatoes
- 1 cup Coffee
- 1 TBSP Chili Powder
- 2 TBSP Cumin
- 1 TBSP Oregano
- 1 tsp. Garlic Powder
- 1 tsp. Onion Powder
- 1 tsp. Cinnamon
- 1 tsp. Nutmeg
- $\frac{1}{2}$ tsp. Cayenne
- 1 $\frac{1}{2}$ tsp. Kosher Salt or salt to taste
- 1 tsp. Pepper

Chili Directions:

1. Chop and prepare the onion, green bell pepper, yellow bell pepper, and garlic cloves (jalapeno if using).
2. Place all ingredients in a large soup pot.
3. Bring to a simmer and cover for 2 hours.

Cornbread Waffle CROUTONS



You'll need 1 batch of cornbread waffles.

Directions

1. Pre-heat oven to 325 degrees.
2. Using the waffles made from the Cornbread Waffle recipe, cut into small chunks using the squares of each waffle as your guide.
3. Spread the waffle pieces in an even layer on a large parchment lined baking sheet. Place in pre-heated oven and bake for 20 minutes.
4. Serve on top of soup or a salad and enjoy!

Falafel Waffles



2 cans Garbanzo Beans, drained
1 small Onion
1 ½ tsp. Salt
½ - 1 tsp. Red Pepper,
depending on heat preference
1 TBSP Garlic Powder
1 ½ tsp. Cumin
1 tsp. Turmeric
2 tsp. Baking Powder
2 TBSP Almond Flour
4 TBSP Potato Starch
2 TBSP Oil

Directions:

1. Pre-heat Belgian style waffle maker. If you have the option, pre-heat to a medium setting.
2. Mix all ingredients in a food processor and mix until almost smooth.
3. Spray griddle with oil and pour a heaping ½ cup of batter onto pre-heated griddle. Cooking times may vary.

Yields 5 Belgian Style Waffles

Flatbread Waffles



2 tsp. extra virgin olive oil
¼ medium onion, diced
(approximately ½ cup)
¼ cup packed fresh basil, minced
178 grams blanched almond flour (1
½ lightly filled cups plus 3 Tbsp.)
112 grams tapioca starch (¾ cup
plus 3 Tbsp.)
2 ½ tsp. xanthan gum
4 tsp. baking powder
½ tsp. sea salt
1 ½ cups water
¼ cup olive oil

Directions:

1. Heat 2 teaspoons of olive oil in a small skillet over medium-low heat. Add onions and sauté until just tender, 3-4 minutes. Add garlic and continue to sauté for about one minute, stirring constantly. Take off heat and put in a small bowl. Stir in basil. Set aside. In a large bowl, whisk almond flour, tapioca starch, xanthan gum, baking powder, and salt with a fork.
2. In a medium sized bowl, whisk water and ¼ cup olive oil. Pour into dry ingredients, stirring constantly until evenly mixed.
3. Stir in onions, garlic, and basil.
4. Drop batter onto a preheated thin waffle maker by the heaping half-cup.
5. Cook each waffle 4-6 minutes or until crispy and slightly browned. Yields 5-7 waffles.

Frittata Waffles



6 eggs
1 large pepper, finely diced
1 small or ½ medium onion, finely diced
2 tbsp. EVOO
½ tsp. salt
¼ tsp. ground black pepper
½ tsp. garlic powder
3 TBSP tapioca flour

Directions

1. Preheat waffle maker.
2. Dice pepper and onion very small.
3. Heat 2 TBSP EVOO in a small sauté pan. Add pepper and onion. Cook for 1-2 minutes, stirring continuously, until vegetables are soft. Let vegetables cool for 2 minutes.
4. Meanwhile, whisk eggs, salt, pepper, garlic powder, and tapioca flour in medium bowl.
5. Stir in cooled vegetables.
6. Liberally spray waffle iron with cooking spray and add frittata batter by the heaping ⅓ cup. Cook for 1-2 minutes, or until waffle is browned on the outside and the frittata expands slightly inside of the waffle iron.

Hash Brown Waffles



3 White Potatoes, peeled, boiled and drained
2 TBSP Butter
2 tsp. Salt
1 tsp. Garlic Powder
½ tsp. Black Pepper
½ cup Milk, dairy or non-dairy
3 TBSP Potato Flour

Add a teaspoon of crushed red pepper to this recipe if you want a bit of added heat!

Directions:

1. Pre-heat round style waffle maker. If you have the option, pre-heat to a medium setting.
2. Mash the cooked potatoes using a hand mixer on low speed. Add the remaining ingredients and mix for an additional 1-2 minutes on medium speed.
3. Spray griddle with oil and pour a heaping ½ cup of batter onto pre-heated griddle. Cooking times may vary. Yields 7-8 Round Waffles

Honey Mustard Pretzel Waffles



1 cup packed Coconut Flour (168g)
1 cup packed Potato Starch (166g)
1 cup Tapioca Starch (132g)
2 tsp. Mustard Powder
2 tsp. Salt
½ tsp. Turmeric
1 ½ tsp. Xanthan gum
2 ½ tsp. Baking Powder
2 TBSP Potato Flour
1 ¾ cup warm Water
5 TBSP Shortening
5 TBSP Honey
1 TBSP Yellow Mustard

Directions

1. Combine all of the ingredients together in a large bowl. Using your hands to mix will probably be easiest!
2. Liberally oil your pre-heated waffle iron. Using a ½ cup of the dough, form into a ball and flatten out until it's about the size of your palm.
3. Place onto the center of the iron and close. Allow to cook for about 3 minutes or until desired level of crispiness. Yields about 7 waffles.

Jalapeno Cheddar Waffle "Fries"



½ cup Millet Flour or Rice Flour
1 cup Potato Starch
¾ cup Cornmeal
½ Potato Flour
½ tsp. Garlic Powder
1 tsp. Salt
¼ tsp. Pepper
¼ cup mild tasting Oil or melted Butter
3 cup Water or Milk, dairy or non-dairy
1 finely chopped Jalapeno Pepper, de-rib and deseed if you don't want them too hot!
1 cup shredded Cheddar Cheese (omit to make this recipe dairy free and vegan)

Directions

1. Pre-heat waffle maker.
2. Mix all ingredients to create waffle batter.
3. Spray griddle with oil and pour ½ cup of batter onto pre-heated griddle.
4. Times may vary. Allow to cook for about 2 minutes, transfer the waffle to a wire cooling rack to cool. Yields about 8 medium size waffles.

Jalapeno Waffle Grilled Cheese!



Refer to Extra Crispy Paleo Waffle recipe (omit sugar).

Two small to medium Jalapeno peppers, finely diced

½ tsp. garlic powder

4 slices cheddar cheese -or- 3-4 TBSP shredded cheddar cheese

Directions:

1. Refer to Extra Crispy Paleo Waffle Recipe, and omit the sugar
2. Add jalapeno and garlic powder to waffle batter
3. Liberally oil a pre-heated waffle iron and pour on the batter using a $\frac{1}{3}$ measuring cup. Allow to cook for about 2 minutes or until golden and crispy. Times will vary depending on your waffle iron.
4. Allow waffles to cool for 2 minutes. Sprinkle cheese over whole flat waffle
5. Bake in preheated 375 oven for 4-5 minutes
6. As soon as waffles are out of the oven, fold in half.
7. Serve with salsa or your favorite guacamole. Yields 7-9 grilled cheeses.

Jalapeno Waffles with Tomato Bruschetta!



Waffles:

Refer to Extra Crispy Paleo Waffle recipe (omit sugar).
Two small to medium Jalapeno peppers, finely diced
 $\frac{1}{2}$ tsp. garlic powder

Bruschetta:

2 $\frac{1}{2}$ cups plum tomato, diced
 $\frac{1}{2}$ cup finely chopped onion
2 tsp. crushed garlic
1 Tbsp. dried basil -or- 3 Tbsp. fresh basil
2 tsp. lemon juice
4 Tbsp. extra virgin olive oil
 $\frac{1}{2}$ tsp. salt

Directions:

1. Refer to Extra Crispy Paleo Waffle Recipe, and omit the sugar.
2. Add jalapeno and garlic powder to waffle batter.
3. Liberally oil a pre-heated waffle iron and pour on the batter using a $\frac{1}{3}$ measuring cup. Allow to cook for about 2 minutes or until golden and crispy. Times will vary depending on your waffle iron.
4. Combine tomato, onion, garlic, and basil.
5. Add lemon juice, extra virgin olive oil, salt and pepper. Stir to combine.
6. Serve bruschetta over warm waffles. Yields 7-9 thin waffles

Pizza Waffles



6 Extra Crispy Paleo Waffles,
made Belgian Style
½ cup + 1 TBSP Pizza Sauce
1 cup + 2 TBSP Shredded
Mozzarella Cheese
18 slices Pepperoni, 3 per Pizza

Directions:

1. Pre-heat oven to 400 degrees.
2. Top each of the waffles with the pizza sauce, shredded cheese and pepperoni.
3. Place the waffles on a parchment lined baking sheet and bake for 7-8 minutes.
Yields 6 Mini Pizzas

Soft Pretzel Waffles



1 cup packed Coconut Flour (168g)
1 cup packed Potato Starch (166g)
1 cup Tapioca Starch (132g)
2 tsp. Salt
1 ½ tsp. Xanthan gum
2 ½ tsp. Baking Powder
2 TBSP Potato Flour
1 ¾ cup + 1 TBSP warm Water
5 TBSP Shortening
1 TBSP Honey

Directions

1. Combine all of the ingredients together in a large bowl. Using your hands to mix will probably be easiest!
2. Liberally oil your preheated waffle iron. Using a ½ cup of the dough, form into a ball and flatten out until it's about the size of your hand.
3. Place onto the center of the iron and close. Allow to cook for about 3 minutes or until desired level of crispiness. Yields about 6 waffles.

Notes: Serve warm or reheat before serving, as they will get hard as they sit out. Store in a sealed container at room temp or freezer for later

Taco Waffles



Refer to Paleo Extra Crispy Waffle Recipe

1-pound Ground Beef
½ tsp. Sea Salt
¾ tsp. Chili Powder
½ tsp. Cayenne
½ tsp. Onion Powder
½ tsp. Garlic Powder
4 Extra Crispy Paleo Waffles
½ cup Shredded Cheddar Cheese, optional
½ cup Shredded Lettuce
½ cup diced Tomatoes or Salsa

Directions:

1. Refer to Paleo Extra Crispy Waffle Recipe. Make Waffles. Set Aside.
2. Brown the meat in a skillet and as it browns then adds the sea salt, chili powder, cayenne, onion powder and garlic powder. You may need to add 1-2 TBSP of water to the pan as it cooks if things begin to look too “dry” or if you use very lean meat that does not render much fat.
3. Fold each of the waffles in half along one of the center seams being careful not to let it split. Fill each waffle with beef and the other toppings of your choice. Enjoy! Yields 4 Taco Waffles

Chapter Four: Sweet Treats!

Apple Cinnamon Donut Style Waffles



¾ cup + 3 TBSP Tapioca Starch
½ cup Coconut Flour
1 tsp. Baking Soda
½ tsp. Salt
2-½ tsp. Cinnamon
4 large Eggs
1 TBSP + 1 tsp. Vanilla
½ cup Honey
¼ cup + 2 TBSP melted Coconut
Oil or Butter
½ cup Apple Cider
Optional Add-in: Finely peeled
and chopped Apples

Directions

1. Pre-heat Belgian style waffle maker. If you have the option, pre-heat to a medium setting.
2. Mix all ingredients to create waffle batter.
3. Spray griddle with oil and pour a heaping ½ cup of batter onto pre-heated griddle. Cooking times may vary. Yields between 4-5 Belgian waffles.

Apple Pie Waffles with Apple Compote



Waffles:

1 packed cup Blanched Almond Flour (120g)
½ cup Tapioca Starch (70g)
2 tsp. Baking Powder
¾ cup Coconut Palm Sugar
¼ tsp. Salt
1 Large Egg
¼ cup + 1 TBSP Mild flavored oil, melted
Salted butter, or ghee (dairy or nondairy) (60g)
½ cup + 1 TBSP Milk (dairy or nondairy)
1 TBSP Vanilla Extract
1 tsp. Lemon Juice or Vinegar
½ cup Apple Compote

Apple Compote:

2 large apples, diced (3 cups diced apples)
2 tsp. vanilla
1 tsp. lemon juice
1 TBSP Cinnamon
¼ cup cane sugar or palm sugar
1 TBSP water

Directions:

1. Preheat Belgian waffle iron.
2. In a medium bowl, combine Apple Compote ingredients.
3. In a medium pan, sauté apple compote ingredients on low for 20 minutes
4. While apples sauté, combine waffle ingredients.
5. When apples are cooked down and tender, remove from heat. Add ½ cup of the compote to waffle batter.
6. Using ¼ cup batter per waffle, cook waffles on low heat for 4-6 minutes, liberally spraying with cooking spray each time you put a new waffle on.
7. Serve warm waffles topped with 2 TBSP apple compote atop each. Yields 6-8 Belgian waffles

Chocolate Waffles



1 packed cup Blanched Almond Flour (134g)
½ cup Tapioca Starch (68g)
5 TBSP Cocoa Powder (28g)
9 TBSP Palm Sugar (or any other granulated sugar) (88g)
2 tsp. Baking Powder
½ tsp. Salt
1 Large Egg
¼ cup +1 TBSP Neutral Oil, melted
Salted butter, or ghee (dairy or nondairy) (60g)
½ cup Milk (dairy or nondairy) (102g)
1 TBSP Vanilla Extract
1 tsp. Vinegar or Lemon Juice

Directions

1. Pre-heat waffle maker. If you have the option, pre-heat to a medium setting.
2. Mix all ingredients to create waffle batter.
3. Spray griddle with cooking spray and pour a heaping ¼ cup of batter onto pre-heated griddle. Cooking times may vary. Recipe will yield between 4-10 waffle depending on size and thickness of each waffle you make.

Churro Waffles



Waffles

1 packed cup Blanched Almond Flour (120g)
½ cup Tapioca Starch (70g)
2 tsp. Baking Powder
½ cup Coconut Palm Sugar
1 tsp. Pumpkin Pie Spice
¼ tsp. Salt
1 Large Egg
¼ cup + 1 TBSP Mild flavored oil, melted Salted butter, or ghee (dairy or nondairy) (60g)
½ cup + 1 TBSP Milk (dairy or nondairy)
1 TBSP Vanilla Extract
1 tsp. Lemon Juice or Vinegar

Cinnamon Sugar Topping

4 TBSP Salted Butter
¼ cup Cinnamon
¾ cup Coconut Palm Sugar

Directions:

1. Preheat waffle iron.
2. In a large bowl, whisk together all waffle ingredients.
3. In a pie dish, combine cinnamon and sugar.
4. Melt butter in a small bowl.
5. Set cinnamon sugar plate and melted butter bowl between two plates as your dusting station.
6. Using ⅓ cup batter, cook waffles on low heat for 3-5 minutes, liberally spraying with cooking spray each time you put a new waffle on.
7. Once you remove each waffle from waffle maker, give it 30 seconds to cool on the first plate while staging your second waffle in the waffle maker.
8. Brush the slightly cooled waffle with melted butter, then place in the cinnamon sugar mixture. Gently shake the pie plate to evenly coat the waffle. Lightly shake excess cinnamon sugar off of waffle and place finished waffle on 2nd plate to cool.
9. Repeat steps 6-8 until all batter is used. Yields 5-7 waffles.

Fluffy Pumpkin Waffles

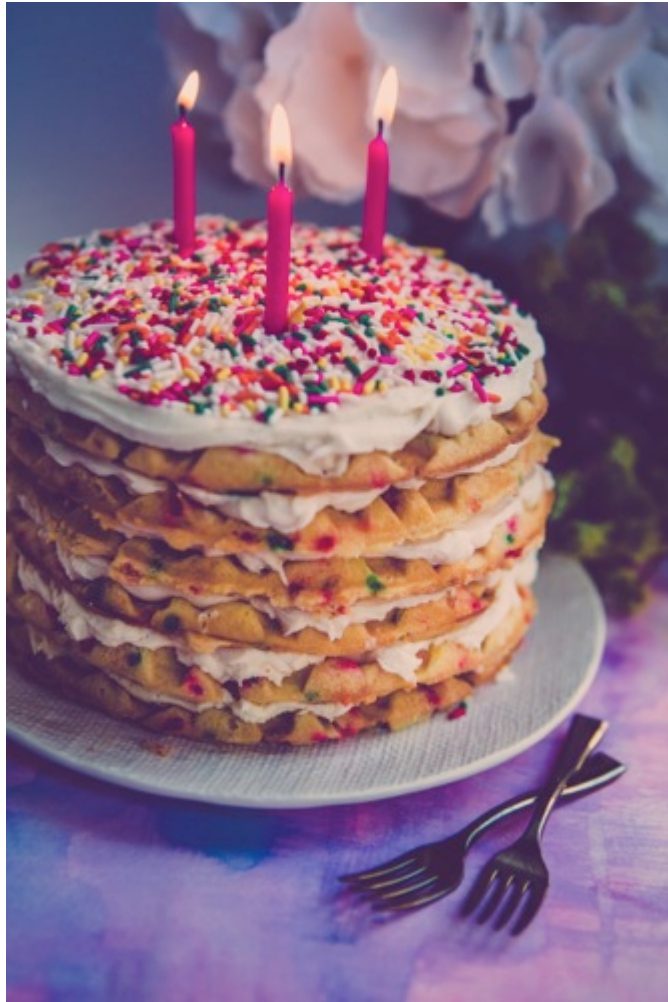


5 large Eggs
½ cup Pumpkin Puree
¾ cup + 1 TBSP melted Butter
or mild tasting Oil
½ cup + 3 TBSP granulated
Pure Cane Sugar
½ tsp. Salt
2 tsp. Cinnamon
2 tsp. Pumpkin Pie Spice
½ cup Coconut Flour
¾ cup Potato Starch
1 TBSP Lemon Juice
2 TBSP Vanilla
1 TBSP Baking Powder

Directions

1. Pre-heat waffle maker to medium heat if your iron has a number setting.
2. In a blender or food processor combine the eggs, pumpkin, butter/oil and sugar. Blend together until frothy, about 1 minute.
3. Add to the blender the salt, cinnamon, pumpkin pie spice, coconut flour, potato starch, lemon juice and vanilla. Blend until well combined, about 1 minute.
4. By hand, mix in the baking powder.
5. Liberally oil the pre-heated waffle iron and pour on the batter using a ½ measuring cup. Allow to cook for about 2 minutes or until slightly golden. Times will vary depending on your waffle iron. Yields about 6-7 Waffles

Funfetti Waffles with Frosting



Waffles

5 large Eggs
½ cup Milk, dairy or non-dairy
½ cup + 2 TBSP melted Butter or mild tasting Oil
½ cup + 2 TBSP granulated Pure Cane Sugar
¼ tsp. Salt
½ cup Coconut Flour
¾ cup Potato Starch
1 TBSP Lemon Juice
1 TBSP Vanilla
1 TBSP Baking Powder
¼ cup Colored Sprinkles of choice

Buttercream Frosting

1-cup (2 sticks) butter, room temperature
1 cup shortening
4 cups powdered sugar

Directions:

1. Pre-heat waffle maker to medium heat if your iron has a number setting.
2. In a blender or food processor combine the eggs, milk, butter/oil and sugar. Blend together until frothy, about 1 minute.
3. Add to the blender the salt, coconut flour, potato starch, lemon juice and vanilla. Blend until well combined, about 1 minute. Fold in the sprinkles.
4. By hand, mix in the baking powder.
5. Liberally oil the pre-heated waffle iron and pour on the batter using a ⅓ measuring cup. Allow to cook for about 2 minutes or until golden and crispy. Times will vary depending on your waffle iron.
6. In a stand mixer with the whisk attachment cream together 1-cup room temperature butter, 1-cup shortening and 4 cups powdered sugar. Combine on low speed until the sugar is mostly incorporated then mix on high until fluffy.
7. Allow waffles to cool to room temperature. Frost and serve! Yields about 6-7 Waffles

Gingerbread Waffles



5 large Eggs
½ cup Pure Maple Syrup
½ cup melted Butter or mild
tasting Oil
3 TBSP Molasses
1 TBSP Vanilla
¼ tsp. Salt
½ cup packed Coconut Flour
¾ cup Potato Starch
1 TBSP Baking Powder
1 tsp. Ginger
1 tsp. Allspice
1 tsp. Nutmeg
¼ tsp. Orange Extract or 1 TBSP
Orange Zest (optional)

Directions

1. Pre-heat Belgian style waffle maker. If you have the option, pre-heat to a medium setting.
2. Mix all ingredients to create waffle batter.
3. Spray griddle with oil and pour a heaping ½ cup of batter onto pre-heated griddle. Cooking times may vary. Yields 5 Belgian Style Waffles

Nutella Waffles



1 $\frac{3}{4}$ packed cups of hazelnut flour
1/2 cup Tapioca Starch
3 TBSP Cocoa Powder
1/2 cup + 2 tablespoons of Coconut palm sugar
2 tsp. Baking Powder
1/2 tsp. Salt
1 Large Egg
1/4 cup of mild flavored oil or melted butter
1/2 cup Milk or Water
1 TBSP Vanilla Extract

Directions

1. Pre-heat waffle maker. If you have the option, pre-heat to a medium setting.
2. Mix all ingredients to create waffle batter.
3. Spray griddle with oil and pour a heaping 1/4 cup of batter onto pre-heated griddle. Cooking times may vary.
4. Recipe will yield between 4-10 waffle depending on size and thickness of each waffle you make.

Red Velvet Cupcake Waffles



1 cup + 2 TBSP Superfine Rice Flour
1 cup Organic Cane Sugar
¼ cup Potato Starch
¼ cup Tapioca Starch
2 TBSP Cocoa Powder
½ tsp. Baking Powder
¼ tsp. Xanthan Gum
½ tsp. Salt
½ cup Spectrum Shortening
2 TBSP Butter or Oil
1 TBSP Vanilla
¾ cup Milk, dairy or non-dairy
4 TBSP Natural Red Food Coloring

Directions

1. Pre-heat Belgian style waffle maker. If you have the option, pre-heat to a medium setting.
2. Mix all ingredients to create waffle batter.
3. Spray griddle with oil and pour a heaping ½ cup of batter onto pre-heated griddle. Cooking times may vary. Yields 5 Belgium style waffles.

Red Velvet Cupcake Waffles a La Mode



5 Red Velvet Cupcake Waffles
1 pint Vanilla Ice Cream or Ice
Cream of choice

Directions:

1. Prepare the Red Velvet Cupcake Waffles according to the recipe above.
2. Once the waffles are fully cooled top with the ice cream.

S'more Waffles with Organic Marshmallows



Waffles

- 1 ¼ cup Chestnut Flour
- ¼ cup Applesauce
- ¾ cup Milk, dairy or non-dairy
- 1 tsp. Vanilla
- 1 tsp. Cinnamon
- ¼ cup melted Butter or Oil
- ½ cup Palm Sugar
- 2 tsp. Baking Powder
- ¼ tsp. Salt
- ½ cup Chocolate Chips

Organic Marshmallows

- ½ cup of cold water
- 2 Tablespoons of gelatin (I used 2 packets of Knox)
- 1/2 cup of water
- 2 cups of organic cane sugar

Directions (skip to step 8 for waffles only)

1. Line a 9 x 9 baking pan with a sheet of parchment paper. Dust it with starch.
2. In a large metal bowl (or in the bowl of a stand mixer) mix together the cold water and gelatin. Set aside.
3. Place in a heavy bottomed sauce pan (a pan that will provide room for the mixture to boil up some) Combine the Water, Cane Sugar, Cream of Tarter and Salt. Whisk together.
4. Clip a candy thermometer to the side of the pot and bring the sugar mixture to 240 degrees.
5. Pour the sugar mixture into the bowl with the gelatin and water. (A stand mixer will work best) Or use a hand mixer to beat the mix on high for roughly 5 minutes until you have a thick fluffy white consistency. Add the vanilla extract and beat until mixed within the last minute or two of beating. (You will know the marshmallows are done when they are about luke warm in temperature, white and fluffy.)
6. Spoon the marshmallow into the prepared pan. (This part can be tricky AND sticky). I found that coating my hand with a mild flavored oil works really good, as I was able to then use my hands to press the marshmallows evenly into the pan. (Use as much oil as needed). To make things REALLY easy use a nonstick spray. * Trader Joe's has a coconut oil spray that works extremely well in this recipe. The flavor of the spray is delicious and it gave my marshmallows a little bit of a tropical coconut flavor. If you can get your hands on this spray I HIGHLY recommend it.
7. Dust the tops of your mallows with some starch. Allow the marshmallows to cool fully for several hours- and then dust on as much starch as you need when slicing them to keep them from sticking together.
8. Pre-heat Belgian style waffle maker. If you have the option, pre-heat to a medium setting.
9. Mix all ingredients to create waffle batter.
10. Spray griddle with oil and pour a heaping ½ cup of batter onto pre-heated griddle. Cooking times may vary.

Yields 5 Belgian Style Waffles

Sweet Potato Casserole Waffles



3 Sweet Potatoes, peeled, boiled and drained
2 TBSP Butter
1 tsp. Salt
2 tsp. Nutmeg
2 tsp. Cinnamon
½ cup Milk, dairy or non-dairy
¼ cup Pure Maple Syrup
½ cup Potato Flour
½ cup Potato Starch

Directions

1. Pre-heat round waffle maker. If you have the option, pre-heat to a medium setting.
2. Mash the cooked sweet potatoes using a hand mixer on low speed. Add the remaining ingredients and mix for an additional 1-2 minutes on medium speed.
3. Spray griddle with oil and pour a heaping ½ cup of batter onto pre-heated griddle. Cooking times may vary. Yields 7-8 Round Waffles

Sweet Potato Pie Waffles

Slightly sweet and crunchy, these waffles are the perfect reflection of a warm sweet potato pie.

- 1 packed cup Blanched Almond Flour (120g)
- ½ cup Tapioca Starch (70g)
- 2 tsp. Baking Powder
- 4 TBSP Granulated Sugar (any variety)
- ½ tsp. Salt
- 1 tsp. Cinnamon
- 1 tsp. Nutmeg
- 2 TBSP Vanilla
- 1 Large Egg
- ¼ cup + 2 TBSP Mild flavored oil, melted Salted butter, or ghee (dairy or nondairy)
- ½ cup Sweet Potato Puree (you can substitute with pumpkin as well)
- 1 tsp. Lemon Juice or Vinegar

Directions

1. Pre-heat waffle maker.
2. Mix all ingredients to create waffle batter
3. Spray griddle with oil and pour batter onto pre-heated griddle. Times may vary.
4. Top with chopped pecans, maple syrup, cinnamon or whipped cream!

Yields 4 large waffles, when ½ cup of batter used.