



Multigrain Citrus Waffles

Prep Time: 15 minutes

Yield: 12 waffles

Ingredients

1 ½ cups all-purpose flour or gluten free flour
1 cup oat flour
1 tablespoon sugar
1 tablespoon baking powder
½ teaspoon baking soda
½ teaspoon salt
2 eggs, lightly beaten
1 ¾ cups flax or hemp milk
¼ cup coconut oil
¼ cup avocado oil
1 tablespoon orange zest

Preparation

1. In a large bowl stir together first six ingredients (through salt). Make a well in center of flour mixture.
2. In a medium bowl combine remaining ingredients. Add egg mixture all at once to flour mixture. Stir just until moistened (batter should be slightly lumpy).
3. Add ½ cup batter to a clean and lightly greased waffle maker (use a regular or Belgian waffle baker). Close lid quickly; do not open until done. Bake according to manufacturer's directions. When done, use a fork to lift waffle off grid. Repeat with the remaining batter.

Nutrition Facts per serving: 205 cal., 11 g fat (1 g sat. fat), 34 mg chol., 252 mg sodium, 21 g carb., 2 g fiber, 2 g sugars, 5 g pro.

Recipe provided by Chef Teresa Hansen www.chefhansen.com