

# Vegan Gluten Free Sourdough Waffles

Yes, it's totally possible. Waffles that are vegan, gluten-free, sourdough, AND A-Mazing! If you actually made it through 2020 and did not make your own sourdough starter let this be the recipe to change that.

That being said, if you are just getting started you will need 5-6 days lead time to get the sourdough going. I think these instructions will be all you need, along with a good supply of organic brown rice flour.

You will also need a waffle iron. I had long given mine away and then along came this recipe. But just as I was prepared to invest in a fancy new model I picked one up for four dollars at a yard sale and it totally does the trick.

Are you ready for the best waffles you have ever had?

Recipe adapted from Aran Goyoaga, Canelle et Vanille

## Ingredients

- 1 cup ( 240g) cold sourdough direct from the fridge
- $\frac{3}{4}$  cup ( 105 g) of brown rice flour
- $\frac{1}{2}$  cup (60 g) tapioca starch ( or arrowroot)
- $\frac{3}{4}$  cup (180g) canned full fat coconut milk
- $\frac{1}{4}$  cup (55 g) fresh lemon juice

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- 1-2 tablespoons local raw honey
- 1 vegan egg using Bob's Redmill egg replacement or a flax egg ( I like to mix the two)
- 3 TBL melted coconut oil- you will need more to grease

- the waffle iron
- Grated zest from one unwaxed organic lemon
- A pinch of vanilla powder or 1 tea of vanilla extract
- 1 tea baking soda
- $\frac{1}{2}$  tea salt

## **Caramelized Apples**

- 2 tablespoons of vegan butter or coconut oil
- 1 tea cinnamon
- 1 tablespoon maple syrup
- 2 peeled cored apples, sliced thin

For Topping- Your favorite plant-based yogurt

## **The night before serving**

- Mix the first five ingredients with a whisk in a glass bowl.
- Cover and set on counter overnight, at least 8 hours.

## **In the morning**

- Grease and pre-heat waffle iron.
- Add the remaining ingredients to the batter which will cause it to bubble. Using a whisk blend well.

Batter cooks quickly- check after 2-3 minutes. Remove gently with a fork and set aside, repeating the process with the remaining batter.

While the waffles cook, heat a heavy skillet. Add butter and apple slices. Saute over medium heat until softened. Add cinnamon and maple syrup, cover, and reduce heat to low allowing to simmer gently until apples are cooked through.

When ready to serve, top waffles with apples and a dollop of

yogurt.

Enjoy!.