
Teff Waffles

Makes 2 servings

Ingredients

- 1 cup of teff flour
- 1.5 tsp baking powder
- 2 TBS ground flax meal
- 2 TBS unsweetened applesauce
- 1 cup of unsweetened soy, hemp or other non-dairy milk
- 1 tsp vanilla extract (optional)
- Toppings of choice (fruit, nut butter, pumpkin seeds, dark chocolate pieces, etc.)

Directions:

- Heat full-size waffle iron
- Mix dry ingredients together in a bowl.
- Add wet ingredients and whisk well to combine.
- Spray waffle iron lightly with olive oil.
- When the waffle iron is hot, add $\frac{1}{2}$ of the batter mixture (about $\frac{3}{4}$ cup) and close the waffle iron.
- When the iron indicates that the waffle is cooked, open the iron and remove the waffle onto a plate. Repeat the process with the remaining half of the batter. Be sure to re-apply olive oil before adding new batter.