



Waffles

MAKES THREE 6½-INCH ROUND WAFFLES

This recipe is very simple to make. However, it does require an electric mixer (or a strong, vigorous arm and a sturdy whisk) to achieve good aeration. Of course, it also requires a waffle iron, though you could make pancakes with this batter if you thin it with a bit of water. Be sure to spray the waffle iron generously with spray oil, and for optimum flavor, use butter-flavored spray oil. One final note: When making the pecan flour for this recipe, grind it as finely as possible—but not so much that you make nut butter!

1 cup (4 oz / 113 g) pecan flour (see page 12)

1 cup (4 oz / 113 g) almond flour

2 teaspoons baking powder

⅛ teaspoon ground nutmeg

2 eggs (3.5 oz / 99 g)

½ cup (4 oz / 113 g) unsweetened soy milk or other milk

⅛ teaspoon liquid stevia (optional)

Preheat a waffle iron; if it has a temperature control, set it to medium-high or high heat.

Put all of the ingredients in a large bowl or the bowl of an electric mixer. Whisk vigorously or mix with the whip attachment at medium speed for about 3 minutes, stopping every minute or so to scrape down the bowl; the batter should be foamy. Whisk even more vigorously or mix at high speed for a few seconds to further aerate the batter. The batter should be loose and pourable (see page 27).

Generously spray both sides of the waffle iron with spray oil. Ladle in enough batter to completely cover the surface once the lid is lowered; the amount will depend on the size of your waffle iron. The batter should sizzle when it contacts the waffle iron.

Cook until the waffle is completely browned and crisp; the amount of time will vary depending on your waffle iron. Repeat with the remaining batter. The batter may stiffen somewhat between making each batch of waffles; if so, add more soy milk to bring the batter back to its original consistency. Serve hot. (CONTINUED)

WAFFLES, *continued*

VARIATIONS

Pecan Waffles: Substitute more pecan flour for the almond flour.

Banana Waffles: Add $\frac{1}{4}$ to $\frac{1}{2}$ cup mashed ripe banana when mixing the batter, depending on dietary restrictions. For more banana flavor, add $\frac{1}{2}$ teaspoon banana flavoring or extract.

Blueberry Waffles: Puree $\frac{1}{4}$ cup of fresh or frozen blueberries and add them when mixing the batter. Ensure the puree is completely smooth so the berries won't stick to the waffle iron.