

GENIUS WAFFLES™

Ingredients & Recipes

Batter Ingredients

Eggs
Flour (gluten free)
Water

Optional Batter Ingredients

Raw Cacao (chocolate)
Bananas
Vanilla Extract

Instructions & Measurements for ONE Waffle

2x, 3x, or 4x these measurements for 2, 3 or 4 Waffles

1. Preheat waffle iron. Spray with sunflower oil cooking spray or brush with melted coconut butter.
2. Beat 1 egg in a bowl until fluffy. (Optional: ¼ tsp Vanilla Extract, 1 mashed Banana, ½ Tbsp Raw Cacao)
3. Whisk in ½ cup flour and mix gently until combined. Stir in ½ cup water (or substitute with almond milk). Do not overmix. Consistency is key. The batter should pour easily but not be too runny.
4. Pour the batter on the iron and close it.
5. Cook the waffle until the waffle iron's indicator light shows that cooking is complete, or until no more steam comes out. The waffle should be golden brown and crisp.
6. Lift the waffle out of the waffle iron with a pair of tongs, add toppings, and enjoy right away.

Healthy Topping Ideas

Natural Honey
Almond Butter
Coconut Butter
Sugar Free Apple Butter
Cinnamon
Greek Yogurt & Peach Slices
Fresh Berries (*Strawberries, Blackberries, Blueberries, Raspberries*)
Sliced Kiwi & Pineapple with Toasted Coconut
Mashed Sweet Potato with Mandarin Oranges & Golden Raisins
Mix Peanut Flour with Greek Yogurt or Almond Milk to Make a Healthy Peanut Butter and add Sliced Banana
Toasted Almond or Walnut Slices
Fried Egg, Avocado & Pico De Gallo (makes a great waffle sandwich)

Recommended Flours

Mesquite Flour
Tiger Nut Flour
Buckwheat Flour
Paleo Flour
Mochi Flour
Hazelnut Flour

Hazelnut waffles



This recipe is courtesy of:

MATTHEW KENNEY / CHIEF EXECUTIVE OFFICER
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Waffle Batter

4 ½ cups soy milk
3 cup just egg
1 ½ cups ap flour
3 cup mochi flour
3 Tbsp baking powder
1 tsp salt
1 ½ cup sugar
2 tbsp hazelnut oil
3 cup hazelnut flour

Mix the dry ingredients together in a bowl Mix the wet ingredients in a separate bowl. Add the dry ingredients to the wet. Then whisk until smooth

Spice syrup

1 gallon maple syrup
5 cinnamon sticks
8 cloves
5 star anise

In a medium pot add spices and maple syrup, cook it 2 hours in medium low heat

To Serve:

Cook the waffles in the waffle maker for about 5-6 minutes depending. (Breville waffle maker set to medium belgian waffle setting 1.)

Top the waffles with halved peaches, blackberries, butter and Dust with confectioner sugar

Sever with a side of warm spice syrup.

A Classic French Canadian Traditional Waffle

Submitted by Guy Daigneault



Poutine Waffle Recipe

2 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon garlic salt
1 teaspoon dried parsley
 $\frac{1}{2}$ teaspoon dried rosemary
2 cups buttermilk
3 eggs, separated
 $\frac{2}{3}$ cup light sour cream
 $\frac{1}{2}$ cup vegetable oil

For The Gravy:

4 tbsp butter
 $\frac{1}{2}$ tsp black pepper
 $\frac{1}{4}$ cup flour
1 cup chicken broth
1 cup beef broth
1 cup cheese curds (or grated cheddar) or more for extra cheesiness!



Make the gravy first:

1. Melt butter over medium-low heat. Sprinkle in the pepper, whisk to combine.
2. Slowly add in $\frac{1}{4}$ cup of flour, constantly whisking to combine. After a minute or two of whisking the mixture will be thick.
3. Combine the broths in a measuring cup and slowly begin to pour into the flour mixture, whisking constantly, until smooth and well blended. Allow to cook several minutes until thickened.
4. Keep warm on low

Make the waffles:

In a large bowl, stir together the flour, baking powder, baking soda, garlic salt, parsley, rosemary. Set aside.

In another bowl, mix together the egg yolks, buttermilk, sour cream and vegetable oil until well blended. Pour the wet ingredients into the flour mixture, and stir until just blended. In a separate clean bowl, whip the egg whites until stiff peaks form. Fold into the waffle batter.

Heat the waffle iron, and grease with vegetable oil spray. Use the recommended amount of batter for each waffle according to your iron. Close the lid, and cook until golden brown. Waffles can be held in a warm oven while the others are cooking.

Top with $\frac{1}{4}$ cup cheese curds or grated cheddar and $\frac{1}{2}$ cup of the gravy.