

Gluten Free Waffles

adapted from Good Eats

Ingredients:

2 Cups	Bell Flour Mix
1 teas	Xanthum gum
½ teas	Baking Soda
1 teas	Baking Powder
1 teas	Salt
3 Table	Sugar
3	Eggs
½ stick	Butter, melted
2 Cups	Milk



Preparation:

1. Pre mix dry ingredients in a separate bowl
2. Beats eggs in a large bowl
3. Slowly stir in melted butter
4. Add milk
5. Slowly combine dry ingredients.
6. Scoop into a heated waffle iron and cook until it stops steaming. Between 3 and 6 minutes.

NOTES:

I make yogurt and strain the whey. I then sub 1 cup whey for the milk.

Any extra can be frozen.

This recipe doubles well.

Bell Flour Mix

Makes 3 cups of flour

- 1c White Rice Flour
- 1c Brown Rice Flour
- ¾c Tapioca Starch
- 3T Amaranth

1. Measure all flours together and mix

Tips: You can substitute Amaranth for another flour you have on hand. Including rice and tapioca.

More tips and recipes on Gluten Free cooking at bellclan.xyz