

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Coconut Flour Waffles

Yield: 4 waffles (each waffle uses 2/3 cup batter)

INGREDIENTS:

1/2 cup + 2 Tablespoons coconut flour - make sure there aren't any clumps
1/2 teaspoon salt
1/2 teaspoon baking soda
4 eggs
1 Tablespoon Apple Cider Vinegar
1 cup coconut cream*
1/2 cup coconut water*



DIRECTIONS:

Mix dry ingredients in a mixing bowl.

Add wet ingredients and stir softly until combined.

Spray waffle iron with cooking spray or butter.

Add batter to on waffle iron (2/3 cup per waffle).

Cook about 5-8 minutes, depending on machine.

Pop in the toaster for a crispier waffle.

Top the waffles with nut butter, honey, maple syrup, or feel free to plop yogurt and fruit on them, or whipped cream, or do as I do and make a breakfast sandwich out of them.



*Basically the recipes uses one FULL FAT can of coconut milk - all the "cream" of coconut (at top of can) equals 1 cup, and just about all the remaining coconut water left in the can equals 1/2 cup coconut water....with only a few Tablespoons left in the can....just drink it up! LOL

Compliments of Eat Your Heart Out Edibles

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