



BUCKWHEAT WAFFLES

YIELDS: 5 SERVINGS (DEPENDING ON SIZE OF THE WAFFLE IRON)

These buckwheat pancakes are surprisingly light and fluffy given the flour we used is naturally gluten free. The texture is everything you want in a waffle, but with a more complex, nutty, very buckwheat-y flavour! We made a maple syrup apple reduction to top these off for a sweet start to the day!



Ingredients

WAFFLES

- 1 ½ cups Anita's Organic Buckwheat Flour
- 2 tsp baking powder
- 1 tsp baking soda
- Pinch kosher salt
- 2 eggs, separated
- 2 egg whites
- 2 cup buttermilk
- 1 tsp vanilla
- ½ cup (1 stick) butter, melted
- Extra butter, for serving

MAPLE SYRUP APPLES:

- 8 sliced tart apples, skin on
- juice of one lemon
- 1 cup maple syrup
- pinch of salt

Instructions

MAPLE SYRUP APPLES

1. Place all ingredients in 9 x13" pan and bake at 375F for one hour or until apples are caramelized. Thin out with water or syrup to the consistency you want. Change maple apples to 3/4 cup cider, 1/2 cup maple syrup and thin with cider if necessary

WAFFLES

2. Preheat the waffle iron to medium heat.
3. Whisk together the dry ingredients.
4. In another bowl, beat the egg whites with a mixer. Sprinkle in the sugar as you beat the egg whites until there are soft peaks.
5. In another bowl, whisk together the remaining wet ingredients then combine the wet and dry ingredients until just combined. Fold the beaten eggs whites into the batter, being careful not to deflate the egg whites too much.
6. Make the waffles by greasing the iron then spooning batter into the wells of the preheated waffle maker until the batter almost reaches the edges. Depending on the size and heat of your iron, cook until the waffle maker indicates the waffles are ready, or wait until the steam stops rising from the maker.

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