

Buckwheat Waffles



This weeks recipe of the week is shared with us from vegan recipe creator Meg Phillips. A simple & wholesome breakfast of homemade waffles with your choice of topping.

Ingredients:

1 1/2 cups of buckwheat flour

1/2 cup of gluten free plain flour

1 teaspoon baking powder

1 tablespoon coconut sugar

2 cups of almond milk

Method:

1. Pre heat your waffle iron till it is nice and hot.
2. Combine all ingredients together in a blend and blend until smooth.
3. Grease the waffle iron with coconut oil.
4. Pour the mixture onto the waffle iron and as per the instructions of your waffle iron.

Inspiration:

Top with sliced banana, fresh berries and coyo natural yoghurt.

Gluten Free | Dairy Free | Vegan

To see more from Meg, visit her Instagram page here.