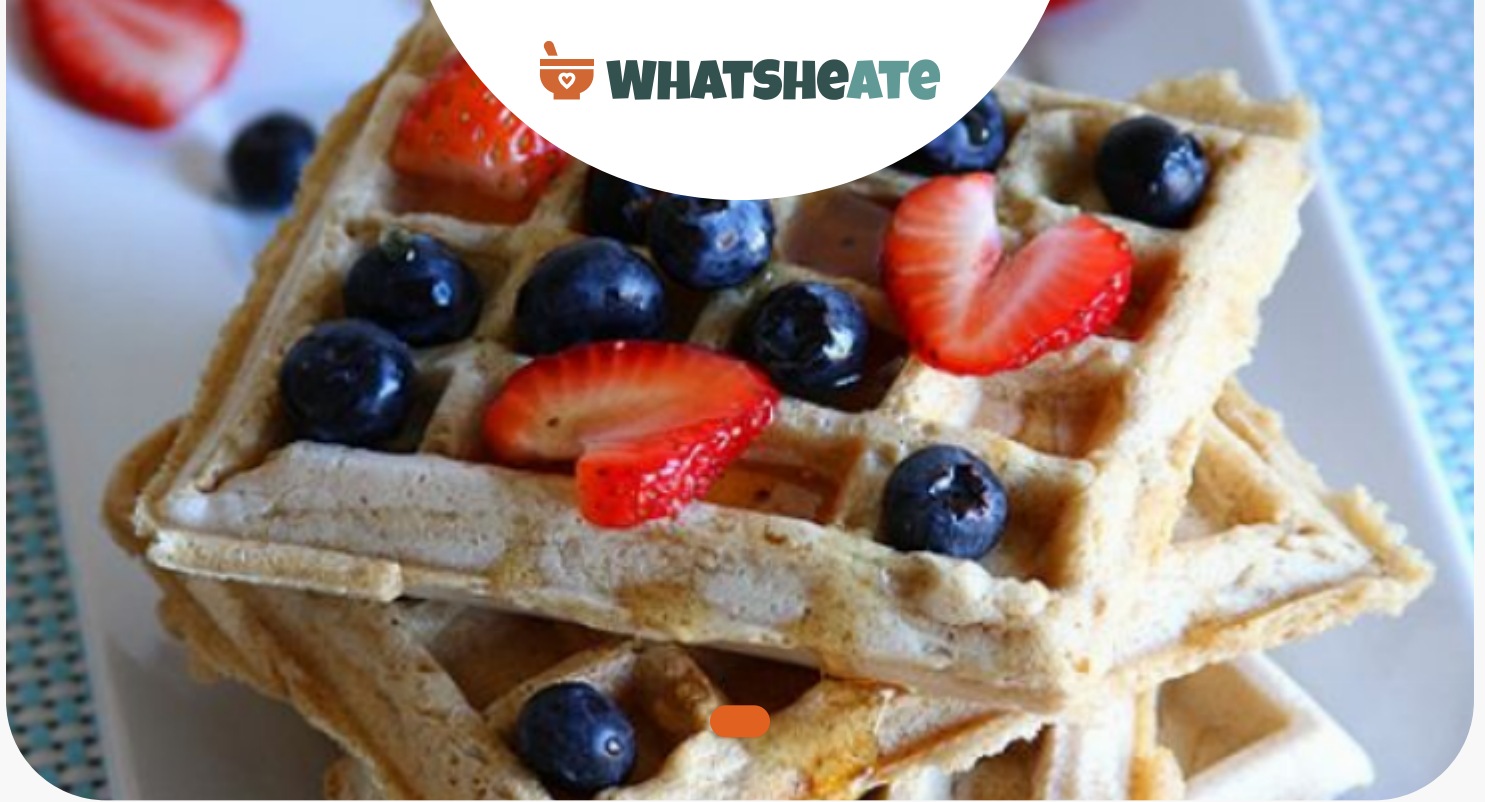




Vegan Waffles

 Dairy Free

READY IN



21 min.

SERVINGS



8

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 Teaspoon apple cider vinegar
- ☐ 1 Tablespoon double-acting baking powder
- ☐ 1 Tablespoon cornstarch
- ☐ 2 Tablespoons maple syrup
- ☐ 2 cups milk (I used Almond Milk)
- ☐ 3 Tablespoons oil (See My Notes)
- ☐ 0.5 Teaspoon salt
- ☐ 2 cups pastry flour whole wheat (See My Notes)

Equipment

- ☐ bowl
- ☐ whisk
- ☐ waffle iron

Directions

- ☐ In a large bowl add the wet ingredients one by one and mix it thoroughly with a whisk.
- ☐ Add the dry ingredients and mix it until the batter is smooth. It should have the consistency of pancake batter; neither too thick nor too thin.Spray the waffle iron with cooking spray and make waffles according to the instructions that comes with your waffle iron.

Nutrition Facts



Properties

Glycemic Index:21.06, Glycemic Load:1.61, Inflammation Score:-2, Nutrition Score:9.5208695681523%

Nutrients (% of daily need)

Calories: 175.4kcal (8.77%), Fat: 6.75g (10.39%), Saturated Fat: 0.52g (3.22%), Carbohydrates: 26.54g (8.85%), Net Carbohydrates: 23.13g (8.41%), Sugar: 3.18g (3.54%), Cholesterol: 0mg (0%), Sodium: 386.76mg (16.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.56%), Manganese: 1.34mg (66.89%), Selenium: 18.57µg (26.53%), Calcium: 178.94mg (17.89%), Phosphorus: 140.15mg (14.01%), Fiber: 3.41g (13.64%), Magnesium: 42.62mg (10.65%), Vitamin B1: 0.15mg (10.26%), Vitamin E: 1.13mg (7.54%), Vitamin B3: 1.49mg (7.46%), Iron: 1.26mg (6.99%), Vitamin B2: 0.11mg (6.65%), Copper: 0.12mg (6.19%), Vitamin B6: 0.12mg (6.11%), Zinc: 0.82mg (5.44%), Vitamin K: 4.31µg (4.11%), Potassium: 120.97mg (3.46%), Folate: 13.2µg (3.3%), Vitamin B5: 0.18mg (1.81%)