



## Waffles



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



298 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup brown rice flour
- ☐ 0.3 cup canola oil gluten-free melted plus more for oiling the waffle iron (or use , vegan nonstick spray)
- ☐ 1.5 cups flour gluten-free red all-purpose
- ☐ 12 servings maple syrup
- ☐ 2.5 cups rice milk
- ☐ 1 teaspoon salt

- ☐ 1 tablespoon vanilla extract
- ☐ 1 cup dairy free chocolate chips gluten-free
- ☐ 0.8 teaspoon xanthan gum

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ spatula
- ☐ waffle iron

## Directions

- ☐ Preheat a waffle maker according to the manufacturer's instructions.
- ☐ Brush the iron with oil, or spray with gluten-free, vegan nonstick spray.
- ☐ In a medium bowl, whisk together the flours, baking powder, baking soda, salt, and xanthan gum.
- ☐ Add the rice milk, 1/4 cup coconut oil, agave nectar, and vanilla (and chocolate chips, if desired) and stir with a rubber spatula until combined.
- ☐ Pour 1/3 to 1/2 cup of batter onto the waffle griddle and bake to desired doneness (or according to the manufacturer's instructions).
- ☐ Remove the waffle from the griddle and serve with the Agave Maple Syrup (and with a dusting of powdered sugar for chocolate-chip waffles). Repeat with the remaining batter.
- ☐ Reprinted with permission from Babycakes Covers the Classics by Erin McKenna, © 2011 Clarkson Potter
- ☐ Erin McKenna is the chef and owner of Baby
- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

## Nutrition Facts



**PROTEIN 4.77%** **FAT 31.87%** **CARBS 63.36%**

## Properties

Glycemic Index:17.29, Glycemic Load:9.2, Inflammation Score:-1, Nutrition Score:6.2247826223788%

## Nutrients (% of daily need)

Calories: 297.58kcal (14.88%), Fat: 10.99g (16.91%), Saturated Fat: 3.44g (21.48%), Carbohydrates: 49.16g (16.39%), Net Carbohydrates: 45.87g (16.68%), Sugar: 22.07g (24.52%), Cholesterol: 0mg (0%), Sodium: 383.02mg (16.65%), Alcohol: 0.37g (100%), Alcohol %: 0.39% (100%), Protein: 3.7g (7.4%), Manganese: 0.99mg (49.57%), Vitamin B2: 0.27mg (15.62%), Fiber: 3.29g (13.15%), Iron: 1.98mg (11.02%), Calcium: 97.16mg (9.72%), Vitamin E: 0.97mg (6.5%), Phosphorus: 59.54mg (5.95%), Vitamin B6: 0.1mg (4.86%), Magnesium: 19.26mg (4.82%), Vitamin B1: 0.07mg (4.78%), Vitamin B3: 0.86mg (4.28%), Vitamin K: 3.33µg (3.17%), Zinc: 0.46mg (3.1%), Potassium: 85.43mg (2.44%), Vitamin B5: 0.21mg (2.1%), Copper: 0.03mg (1.56%)