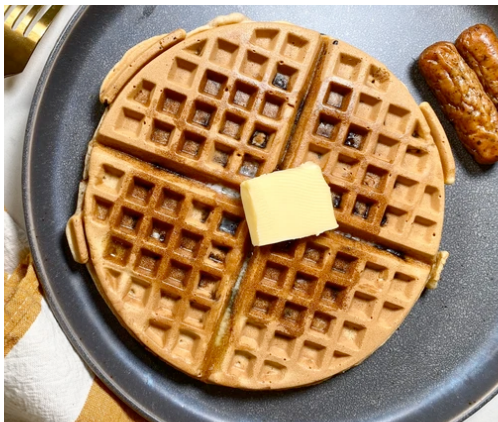


Waffle Mix from Scratch

One of my kids favorite foods is waffles...and why wouldn't it be, it is the perfect blend of salty, sweet and crunchy.

I make a big batch of this mix and use it for pancakes and waffles. I even make extra waffles and freeze them for school lunches, adding nut butter and fruit to make waffle sandwiches.

Our go-to add in is, frozen blueberries topped with sliced bananas, Kerrygold butter and syrup but feel free to get creative with your fillings.



SUGGESTED TOP:

Mix

- 1 cup AP Flour
- 1 cup whole wheat flour
- 3 tbl sugar
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt

Bath

- 2 cups milk or buttermilk
- 2 eggs
- 1/2 tsp vanilla
- 2 tbl avocado oil



Directions:

1. Beat eggs, milk, vanilla and oil.
2. Add the flour mixture to the wet mixture and combine until blended but don't overmix. Mixture doesn't have to be completely smooth.
3. If adding any berries or chocolate chips, fold them in.
4. Heat up waffle iron and scoop batter in small portions. You don't need to fill in the iron fully as the waffles expand when cooking.
5. Top with butter and warm syrup.

Suggested Toppings: Nut butters, hemp hearts, chia seeds, bee pollen, fruit