

Waffle Mix (Gluten-free, Vegan)

2 cups Trader Joe's Gluten-Free flour
1 1/2 cups cornmeal
3/4 cup oat flour
3/4 cup teff flour
1/2 cup coconut sugar
4 Tablespoons baking powder
2 Tablespoons egg replacer
1/2 teaspoon guar gum
1/2 teaspoon xanthan gum
1/2 teaspoon salt

Store this in an airtight container.

Light appetite, use 1/2 cup dry mix.

More substantial appetite, use 3/4 cup mix.

Mix dry mix with about 2 teaspoons canola oil per person and about as much soy milk as dry mix until it is a consistency that is neither thick nor thin. Cook until waffle maker until medium-dark brown

See more vegan recipes at www.truthaboutnursing.org/vegan