

Gluten-Free Blender Waffles with Cinnamon Pan-Friend Apples

Gluten-Free Blender Waffles are slightly sweet and allergy-friendly so everyone can enjoy!

Prep: 10 mins Cook: 20 mins Total: 30 mins

Servings: 8 large waffles 1x 2x 3x

INGREDIENTS

For the Waffles:

- 2 cups oat flour *(or 2-3 cups of pancake/waffle mix)*
- 2 tsp. baking powder
- ¼ tsp. salt
- ¼ tsp. cinnamon
- 1 small yellow banana
- 2 Tbsp. flax meal + 5 Tbsp. water (we used organic golden flax meal) or 2 eggs
- 2 Tbsp. oil *(avocado oil or melted coconut oil work well)*
- 1½ cup milk of choice *(may substitute non-dairy milk)*
- 2 tsp. pure vanilla extract
- 2 Tbsp. pure maple syrup

For the Cinnamon Pan-Fried Apples:

- 4 medium apples, thinly sliced *(any kind will do, we used Pink Lady apples)*
- 1 Tbsp. oil *(avocado oil, melted coconut oil work well)*
- Juice of ½ lemon
- ½ tsp. cinnamon
- 2 Tbsp. pure maple syrup
- 1 tsp. pure vanilla extract

**Non-dairy milk without added gums and thickeners produce the best results. Other nut-free milk options include flax milk or rice milk (if you need this recipe to be nut-free) or almond, coconut or cashew milk.*

INSTRUCTIONS

For the Waffles:

1. Preheat waffle iron according to manufacturer's directions.
2. Combine flax meal and water and allow to rest for 3 minutes while you measure the other ingredients.
3. Place all ingredients into the blender.
4. Blend on high, stopping to scrape down the sides as needed, until well blended.
5. Spray grids of preheated waffle iron with oil spray or brush with oil, ghee, butter, etc.
6. Pour 1/3-1/2 cup batter onto the waffle iron, being careful not to overfill.
7. Lower lid of waffle iron and cook according to manufacturer's directions (see notes below regarding cooking time).
8. Repeat with remaining batter adding a little water to thin the batter, if needed.
9. Remove waffle and serve immediately. Waffles will soften when cooled but crisp up again when reheated in the waffle iron.

For the Cinnamon Pan-Fried Apples:

1. Place a large skillet (a cast iron skillet works great) over medium heat. Add ghee or oil to hot pan then add apples.
2. Toss apples with lemon juice, cinnamon, and maple syrup.

3. Sauté, stirring occasionally, until apples are softened, about 10-15 minutes depending on how thick your slices are and how hot your pan is.

NOTES

These waffles are best made in a classic waffle iron (rather than a Belgian-style waffle iron)

Avoid using ripe bananas (yellow with black spots). Yellow bananas work best.

These waffles do best when you cook them a little longer than you would other waffles. The surface should be crispy and deep golden brown when you remove them from the iron.

Note: We only test the recipes with the listed ingredients and measurements, unless otherwise noted. If you would like to try a substitution, we would love to have you share what you used and how it turned out in the comments below. *Thanks!*

NUTRITION INFORMATION

Serving Size: ⅛ recipe (1 large waffle + ⅓ cup apples) **Calories:** 256 **Fat:** 9g **Sodium:** 40mg **Carbohydrate:** 37g (**Fiber:** 6g **Sugar:** 14g) **Protein:** 7g

DIETARY

Dairy-Free Egg-Free Gluten-free Grain-Free Nut-free Vegan Vegetarian

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