

Avocado Almond Waffles

Makes 6 Belgian waffles

Ingredients

- 1 1/2 cup almond flour
- 1/2 cup corn starch
- 2 tsp baking powder
- 1/4 tsp kosher salt
- 1 cup buttermilk
- 1/2 cup mashed avocado
- 2 eggs separated, whites whisked until stiff peaks form
- 1 tsp pure vanilla extract
- 1/2 tsp ground cinnamon (leave out if making savory waffles)
- 2 Tbsp. coconut sugar or maple syrup (optional for savory waffles)
- Avocado oil or other cooking spray

Instructions

1. Prepare waffle iron with cooking spray and preheat.
2. Combine all dry ingredients in a bowl and mix well.
3. Combine all liquid ingredients, except whisked egg whites, together in the bowl of a stand mixer and mix until well combined.
4. In 1/2 cup additions, add dry ingredients to the liquid ingredients, combining well between additions until all dry ingredients are added.
5. Remove bowl from mixer and gently fold stiff egg whites into mixture until combined.
6. Let mixture rest 20 minutes.
7. Bake waffles and either serve traditionally with seasonal fruit and syrup or savory with a chunky avocado tomato salsa and a fried egg.

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