

SCD Waffles

SCD breakfast



Ingredients:

1 cup	Almond flour
¼ tsp	Sea salt
¼ tsp	Cinnamon
¼ tsp	Baking soda
½ cup	Applesauce
1 tsp	Vanilla
2 Tbsp	Honey
4	Eggs

Directions:

- 1.) Preheat waffle iron to medium heat.
- 2.) Combine (wet ingredients) eggs, apple sauce, vanilla, and honey in a mixing bowl.
- 3.) In a separate bowl, combine (dry ingredients) almond flour, salt, baking soda, and cinnamon and whisk together.
- 4.) Add wet ingredients to dry ingredients and whisk until fully combined.
- 5.) Let stand 5 minutes for flour to absorb all wet ingredients.
- 6.) Pour about ¼ cup batter in to waffle iron and cook until golden brown.

Notes / Suggestions:

- 1.) Makes 6 – 8 waffles, depending on your waffle maker. Double the recipe and save the extra.
- 2.) Seal and store any extra waffles (refrigerator for a few days, freezer for a month).