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Weekend Waffles, Gluten Free

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Patience and Persistence: what these waffles taught me. But first, they wore me a bit thin. I've made some delicious, kid-approved waffles [1] in the past. But this time I was trying to perfect something nutritious and gluten free for my daughter who struggles with gluten intolerance [2].

You see, it's sort of a challenge to create gluten free foods packed with nutrients since so many of the alternative, acceptable flours are almost nutritionally void. And since I don't want to swap one evil (gluten) for another (yucky, high glycemic junk food) for my family, it sometimes requires ample experimentation.

The number of times I tossed ingredients in the garbage before I came up with the waffle I really wanted to present to her (and to the world in case they are watching!), is frustrating to think about. So, instead I'll just forget about that, move forward and feast on these light, airy, slightly crisp morning waffles.

Let me tell you, they were worth the wait!

It's like so many other things. ***Worth the work and worth the wait***. Before we have a product, the process requires persistence in order to arrive at the place where we finally feel satisfied and successful. I tell my daughters all the time, '*Try, try again. Practice may never make 'perfect' but your persistence will pay off*!' Someday they'll get it…someday so will I!

We should all pause to appreciate the process more often, shouldn't we? Rather than getting caught up in frustration or perceived failure we'd truly enjoy the ***gift of purpose in the process!***

Because, all the flour, eggs, expenses and effort in the trash aren't really signs of a full-out-flop! (Well, maybe the expense of it is still a bit maddening.) Instead, they proove my enduring persistence on a quest for the perfect gluten free waffle, or at least one that my daughter asks for over and over again!

I hope you like them, too. Let me know….I'd love to hear if my persistence served a purpose in your kitchen!

In the meantime, I'll keep pondering the little lesson these Weekend Waffles gifted me...**Have patience and persistence in the process and you'll soon reach your purpose.**

Recipe category

Food Fit for the Morning [3]

Restricted to members

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Ingredients

- 4 large eggs
- 13 ounces non-dairy milk, I used unsweetened almond milk*
- 1 teaspoon pure vanilla extract
- 1 cup almond flour (also called almond meal)
- ½ cup coconut flour
- ¼ cup arrowroot flour or potato starch (I prefer arrowroot nutritionally)
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon sea salt

Recipe Instructions

- Whisk together eggs, milk and vanilla.
- Add flours, baking powder, soda and salt.
- Whisk all ingredients well. Let sit for just a couple of minutes while waffle iron warms.
- Depending on your waffle iron, consider lightly buttering or spraying the baking surface. Pour about ⅓ cup of mixture into your waffle maker (batter will rise significantly).
- Bake until golden and slightly crisp. Just when you feel like removing them, let them bake just a minute longer!
- Serve immediately with pure maple syrup, a nut butter, fruit or all of the above!

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Recipe Description

> I wish I could put these babies in multiple categories because, while they're a breakfast food, I'd eat 'em anytime! You're going to love them not only for their taste but for the high fiber coconut flour, protein packed eggs and almond flour, light and airy texture and, alas, how EASY they are to whip up!

Recipe Notes

*You can use a dairy milk. I'd recommend whole milk (remember, REAL foods are less processed and skim or low-fat milks are more highly processed). I chose almond milk for this recipe but you can also use coconut if you want non-dairy. Avoid sweetened versions.

Buy almond flour here [4]

Buy coconut flour here [5]

Buy arrowroot flour here [6]

For my family, these waffles really hit the spot. So, after finally perfecting the recipe, I started making double batches to freeze for the week (or weeks) to come. Be sure to allow to cool fully before packaging to freeze. I also recommend lining the layers with parchment paper. We simply take out what we want to use, pop them into the toaster oven and serve.

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