

Blender Waffles

Prep Time: 10 minutes

Blender Waffles Recipe:

3 cups long grain brown rice
1 cup millet or corn meal
3 cups distilled water
1-1/2 apple, cut into chunks. Remove seeds if desired
1 rounded tsp sea salt
4 tbsp extra virgin olive oil
2 tbsp honey
1-1/2 tbsp Rumford baking powder (aluminum-free)

Instructions:

Soak overnight the rice, millet or cornmeal in 3 cups distilled water. This begins the fermentation process, breakdown of phytic acid, and makes the grains easier to blend, especially the corn.

Blend soaked grains, apple, sea salt, oil and honey. Blend thoroughly until grain is only slightly gritty. Add baking powder at the end and just blend until mixed.

Note: This recipe can be used for pancakes. Results in lighter, thicker pancakes due to a thicker batter. The volume given below will almost fill an 8 cup blender container.

Variations:

Add nuts, fresh corn, raisin, blueberries and more! Also try with buckwheat or use more corn meal and less rice.

Cheats:

Make sure to put the baking powder in at the last minute and stir in my hand. This will make the pancakes light and fluffy. For pancakes use an iron or stainless skillet and no added oil. Good luck on getting waffles out of the iron. It is a tough combination of the right ingredients, temperature and cooking time.

Recipe Credit:

Dr. Michael Donaldson

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