



THURSDAY
BREAKFAST WAFFLES

TETROGEN

Prep Time: 20 Mins

INGREDIENTS

- 250g buckwheat flour/ other flour of choice
- 2 teaspoons baking powder (1^{1/2} teaspoons if using white flour)
- 1 teaspoon sea salt
- 3 tablespoons maple syrup
- 1/2 a banana or 2 tablespoons ground flax seeds
- 3 tablespoons almond butter
- 400ml rice milk
- 1 teaspoon vanilla extract

DIRECTIONS

1. First step, turn on the waffle iron.
2. To make the batter, whiz all the ingredients together in a blender until smooth.
3. Once the waffle iron is hot, spray it with vegetable oil to prevent the waffles from sticking. Pour in the batter, ensuring that you have added enough to cover the full iron, and leaving a bit of room for the waffles to rise slightly.
4. Cook in the waffle iron until they turn nice and brown. Remove and add toppings of your choice (see intro, and see the photo for other serving ideas).