
VANILLA BUCKWHEAT WAFFLES WITH CARAMALISED PEACHES, DARK CHOCOLATE & PISTACHIOS



GF, RSF



20 mins



6-8



Ingredients

- 2 cups buckwheat flour
- ½ tsp baking soda
- ½ tsp sea salt
- 1 tsp vanilla powder
- 3 tbs coconut sugar
- 2 cups almond milk
- 3 eggs, separated
- 2 tbs coconut oil, melted
- 3-4 large peaches, sliced
- 3 tbs extra coconut sugar (for caramelising the peaches)
- 1 tbs extra coconut oil (for caramelising the peaches)
- 100g dark chocolate (I use a refined sugar free chocolate; 'Pana Chocolate' or 'Loving Earth'. I have used a mix of both today)
- ¼ cup pistachios, roughly chopped
- Natural yoghurt or coconut yoghurt (unsweetened)
- Pure maple syrup



Method

1. In a large pan, melt the extra 1 tbs coconut oil and sprinkle with the 3 tbs coconut sugar.
2. Place the sliced peaches into the pan over the coconut sugar and cook on medium to high heat until golden brown.
3. Turn the peach slices over and cook for a further few minutes until golden on the other side. Once the peaches are cooked, set aside.
4. Place the buckwheat flour, baking soda, sea salt, vanilla powder and coconut sugar into a large mixing bowl.
5. Then add the almond milk, coconut oil and egg yolks and gently stir to combine.
6. In a medium bowl whisk the eggwhites until stiff and then fold into the mixture.
7. Place your waffle pan onto the stove to heat up. Once hot lightly spray with oil.
8. Place the mixture into the waffle pan. The amount will vary depending on the size of your waffle pan. My pan takes about ¼ cup each side of the pan.
9. Cook for about 2 minutes on high heat, then turn the waffle pan over and cook for a further few minutes.
10. Remove the cooked waffles from the pan then repeat with the remaining mixture.
11. To serve, place the waffles onto a plate, add a generous dollop of natural yogurt, some caramelised peaches, a drizzle of dark chocolate, a glug of pure maple, and sprinkle with pistachios. Enjoy!!

GATHER & FEAST

Discover more great recipes, resources and styling tips by visiting:

www.gatherandfeast.com

© Gather & Feast. All Rights Reserved
