
VANILLA BUCKWHEAT WAFFLES WITH LEMON CURD, FRESH BERRIES & MINT

 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
- Lemon curd
- Natural yoghurt (unsweetened)
- Pure maple syrup
- Fresh berries (I used blueberries, raspberries & blackberries)
- Fresh mint



Method

1. Place the buckwheat flour, baking soda, sea salt, vanilla powder and coconut sugar into a large mixing bowl.
2. Then add the almond milk, coconut oil and egg yolks and gently stir to combine.
3. In a medium bowl whisk the eggwhites until stiff and then fold into the mixture.
4. Place your waffle pan onto the stove to heat up. Once hot lightly spray with oil.
5. 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.
6. Cook for about 2 minutes on high heat, then turn the waffle pan over and cook for a further few minutes.
7. Remove the cooked waffles from the pan then repeat with the remaining mixture.
8. To serve, place the waffles onto a plate, add a generous dollop of natural yogurt, lemon curd, a glug of pure maple, and sprinkle with berries and fresh mint. Enjoy!!

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