



Grain-Free Allergy-Friendly Waffles

Gluten-Free, Grain-Free, Nut-Free, Dairy-Free, Egg-Free, Vegan

Yield: about 3 medium Belgian waffles

Ingredients:

- 1 cup [Otto's Naturals - Cassava Flour](#)
- 1 Tablespoon [Otto's Naturals Grain-Free Baking Powder](#)
- ¼ teaspoon sea salt
- 2 Tablespoons applesauce
- 1 ½ cups hemp milk (store bought or homemade. Please see notes*.)
- 3 Tablespoons water

Homemade Hemp Milk

- 2 cups water
- ¼ cup hemp hearts

Instructions:

1. To make the hemp milk, blend together the hemp hearts and water in high-speed blender. Blend for about 1 minute or until the mixture is creamy. Measure out 1 ½ cups for recipe.
2. In a medium mixing bowl, whisk together the cassava flour, baking powder, and sea salt.
3. Add the applesauce, hemp milk, and water. Whisk until the batter is smooth.
4. Pour some of the batter into a preheated nonstick waffle iron. Allow the waffle to cook until they are golden brown and crispy. It may take up to 10-15 minutes depending on your waffle maker.
5. Remove the waffle from the waffle iron and repeat with the remaining batter.

***Notes:** If using store-bought hemp milk, add an additional 1 tablespoon of water to the batter.

For Milk-Free Version: Increase the applesauce to ¼ cup, omit the hemp milk, and increase the water to 1½ cups. You may need to use 1-2 more tablespoons of water to thin the batter as it sets.