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Delicious Gluten Free Belgian Waffles

Dry Ingredients

- 1/2 cup tapioca flour
- 1/2 cup sorghum flour
- 1/2 cup millet flour
- 1/4 cup brown rice flour
- 1/4 teaspoon xanthan gum
- **2 teaspoons chia seed meal or flax seed meal (optional)
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1 tablespoon sugar

Wet Ingredients

- 3 egg yolks
- 3 tablespoons heart healthy oil
- 1 1/2 cups milk -or- casein free substitute
- 3 egg whites, beaten until stiff peaks form



** If you choose not to use the chia seed meal or flax seed meal increase xanthan gum to 1/2 teaspoon.

Directions:

Preheat waffle iron. In a large bowl, whisk together all dry ingredients. Set aside. In a medium sized bowl or large [4 cup measuring cup](#), whisk together egg yolks, oil, and milk. Add egg mixture to dry ingredients and whisk thoroughly. With a rubber spatula or wooden spoon, gently fold in beaten egg whites to batter. You should still be able to see white streaks of beaten egg white running through batter, this is what you want! Try not to over-stir the egg whites into the batter. Pour batter into hot waffle iron and cook per instructions on for your iron. Makes 4-5 (8 inch) Belgian waffles! Serve with maple syrup or whipped cream!

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