



# CINNAMON APPLE WAFFLES

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EACH BATCH SERVES 4 TO 5.

INGREDIENTS	X1	X2	X3	X4
GF bean flour blend (OR mix of...)	1 3/4 c (6 T garbanzo/fava flour, 1/4 c sourghum flour, 9 T corn or potato starch, and 9 T tapioca starch)	3 1/2 c (3/4 c garbanzo/fava flour, 1/2 c sourghum flour, 1 c + 2 T corn or potato starch, and 1 c + 2 T tapioca starch)	5 1/4 c (1 c + 2 T garbanzo/fava flour, 3/4 c sourghum flour, 1 1/2 c + 3 T corn or potato starch, and 1 1/2 c + 3 T tapioca starch)	7 c (1 1/2 c garbanzo/fava flour, 1 c sourghum flour, 2 1/4 c corn or potato starch and 2 1/4 c tapioca starch)
Gluten free baking powder	2 t	4 t	2 T	2 T + 2 t
Salt	1/2 t	1 t	1 1/2 t	2 t
Ground cinnamon	1 t	2 t	1 T	4 t
Xanthan or guar gum	1/2 t	1 t	1 1/2 t	2 t
Sucanate, maple syrup, maple sugar or sweetener of choice	1 T	2 T	3 T	1/4 c
Oil	2 T	1/4 c	6 T	1/2 c
Applesauce (unsweetened)	3/4 c	1 1/2 c	2 1/4 c	3 c
Dairy free milk of choice	1 1/4 c	2 1/2 c	3 3/4 c	5 c
Gluten free vanilla extract	1 t	2 t	1 T	4 t

In a medium sized mixing bowl, mix the first five ingredients well. In a blender or separate bowl, blend the sweetener, oil, applesauce, dairy-free milk and vanilla until smooth. Pour the wet ingredients into the dry ingredients and stir just until combined.

Cook on a waffle iron according to manufacturer's directions.

Alternate: Make pancakes instead instead of waffles in a lightly oiled pan.

To serve: Heat through until warmed through.