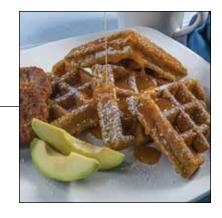


## **Plant-Based Avocado Waffles**

Recipe By DR. MONIQUE MAY

SERVES: 4



| INGR | EDI | EN | TS: |
|------|-----|----|-----|
|------|-----|----|-----|

- ☐ 2 cups whole wheat or regular flour
- ☐ ½ cup powdered sugar
- ☐ 2 tsp. baking powder
- ☐ ½ tsp. salt
- ☐ ¼ tsp. baking soda
- ☐ ½ tsp. cumin
- ☐ 1½ cups unsweetened unflavored plant-based milk

|  | 1½ sticks | plant-based | butter, | melted |
|--|-----------|-------------|---------|--------|
|--|-----------|-------------|---------|--------|

- ☐ 2 ripe avocados, mashed well with fork
- ☐ ¼ cup fresh cilantro, chopped
- □ 100% maple syrup, for topping
- additional plant-based butter, for
  - topping
- □ additional chopped cilantro, for topping

## **DIRECTIONS:**

- ☐ 1. In a large bowl, whisk all dry ingredients together.
- $\square$  2. In a separate bowl, mix wet ingredients, including the avocados.
- ☐ 3. Add chopped fresh cilantro to wet ingredients and combine well.
- ☐ 4. Pour the mixture into the flour mixture and stir until just combined. A few small lumps are fine.
- ☐ 5. Preheat waffle iron; spray with non-stick spray, then fill three-quarters full with batter and cook until the waffles are golden and crisp.
- ☐ 6. Serve warm and top with plant-based butter, more chopped cilantro, and 100% maple syrup.

Pair these waffles with plant-based breakfast sausages or a plant-based chick'n product to simulate chicken & waffles.

