



Plant-Based Avocado Waffles

Recipe By DR. MONIQUE MAY

SERVES: 4

INGREDIENTS:

- ☐ 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.
- ☐ 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.

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