



## Arepa Waffle Poppers

These spicy bite-sized snacks are crispy on the outside and moist on the inside. Masarepa, the main ingredient in arepas, is a pre-cooked corn flour. The most common brand is Harina P.A.N. Do not substitute ordinary cornmeal, as the results will not be the same. If you wish, drizzle these poppers with some pure maple syrup or top them with a dab of lactose-free sour cream.

### Ingredients:

- 1 cup masarepa
- ½ teaspoon salt
- 1 ¼ cup warm water
- 4 ounces habanero Cheddar cheese or pepper jack cheese, shredded
- cooking oil or spray

### Procedure:

- In a medium bowl, combine masarepa, salt and water. Stir in the cheese and allow the dough to rest for 5 minutes, then shape the dough into 12 small patties approximately 1/2-inch thick and 1 inch across. If the patties fall apart or have large cracks at the edges, add just a bit more water to your dough.
- Preheat a waffle maker on the dark or medium-dark setting until the light goes off to indicate it is ready. Spray or brush the inside of the waffle maker heavily with oil. Place the patties on the bottom of the waffle maker about 1 inch apart and lower the lid. Do not press the lid down manually. Allow the weight of the lid to flatten the arepas. Be sure to re-apply oil between batches.
- Cook until the indicator light goes off again, which may take 4 to 5 minutes. When done, waffles should be dark golden brown and crispy on the edges. Remove the waffles to a wire rack. Serve warm.

Serves: 4

Recipe provided courtesy of [www.ibsfree.net](http://www.ibsfree.net) and GI Nutrition Inc.