



## Buckwheat Waffles

This recipe was developed specifically for use with "silver hulled" buckwheat flour. This buckwheat has especially fine flavor and can be ordered in from Bouchard Family Farms at [www.ployes.com](http://www.ployes.com). The recipe will work with ordinary buckwheat flour, but the waffles will be much darker in color, with more assertive buckwheat flavor. Use very finely ground rice flour such as the brand specified, or Thai white rice flour. Sift all gluten-free flours for accurate measuring. If you don't have a waffle maker, this batter makes good pancakes, too.

### Ingredients:

1 large egg	3 tablespoons packed light brown sugar
1 cup lactose-free milk	1 ½ teaspoon baking powder
2 tablespoon oil	½ teaspoon salt
1 tablespoon cider vinegar	1 teaspoon vanilla extract
¾ cup sifted Authentic Foods Superfine brown rice flour	½ teaspoon ground cinnamon
¾ cup sifted Bouchard silver-hulled or light buckwheat flour	¼ teaspoon ground nutmeg

### Procedure:

- In a medium bowl, mix together the egg, milk, oil and vinegar with a wooden spoon. Add the rice flour, buckwheat flour, sugar, baking powder, salt, vanilla, cinnamon and nutmeg and stir until well combined.
- Preheat the waffle iron on dark setting until the light goes off, then brush or spray it generously with oil. Stir the batter briefly if it has separated, pour batter into the waffle iron, close it, and bake until steam stops escaping and the light goes off. Waffle makers vary, but most will use about one fourth of the batter per batch. Reheat and brush or spray the waffle iron again before making the next waffle. (If you are planning to freeze waffles for toasting and serving later, preheat and cook the waffles on medium setting.)
- Serve warm with butter and real maple syrup or topped with fruit and lactose-free ice cream.

Serves: 4

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