

SUNFLOWER SEED WAFFLES (allergen and gluten free)

In blender combine:

2 ¼ c water	½ tsp salt (optional)
1/2 c. amaranth flour	1 Tbs. canola oil (optional)
1 c. arrowroot starch*	1 tsp. vanilla (optional)
1 raw sunflower seeds**	

Blend as you add ingredients, and scrape sides if needed.

Blend on highest speed until seeds disappear (are pulverized).

Pour into bowl and let sit for about 30 minutes (while you eat breakfast).

COOKING: When you have 5 minutes on the “sitting” time, start waffle iron, set to highest temp. Start cooking as soon as it comes up to heat. Each of my full-square sides takes a scant ½ cup of batter, or I make some smaller round ones using only 1/3 cup of batter.

NOTE: My iron cooks 2 “classic” (thinner, not Belgian) waffles in about 6 ½ - 7 min. If yours isn’t auto-on/off, when it stops steaming, check to see if waffle’s golden brown. Don’t over-brown as that will give you a bit of the cardboard experience when you reheat in the toaster! Irons designed for Belgian waffles will take longer, likely total time of 10 minutes. Just be patient, use the hottest temp, and let it completely stop steaming, and meanwhile clean something in the kitchen to keep yourself busy.

STORAGE: Cool on a rack, put in heavy zip-lock bags, and freeze. Heat in toaster to crisp them up.

EATING OPTIONS: Good as breakfast waffle or as savory – with smear of cream cheese or goat cheese, with sliced fruits, or as open-faced sandwich – lebaneh and chopped olives, yum!

YIELD: 8 large square waffles (1/2 c. batter) or 12 smaller round ones (1/3 c. batter poured in center of iron.)

CALORIES: 1/2 cup batter ~ 170 calories, 1/3 cup batter ~ 115 calories

COOKING TIME: 60 minutes for a single batch, 90 minutes for double batch. (My waffle iron is a “classic” thickness iron and cooks two waffles – side-by-side, not Belgian thickness, which will likely take up to 10 minutes.)

COST: \$3.05/batch at 2013 prices, or 38¢ per waffle.

NOTES:

* Tapioca starch can also be used (no protein to speak of), but amaranth contains a complete protein (all amino acids, and 15% of its calories come from protein). I use Bob’s Mills which is non-GMO and available on line and in lots of markets and grocers

** Other nuts and seeds can be used. I know people who make these with raw almonds, but I prefer sunflower seeds.