

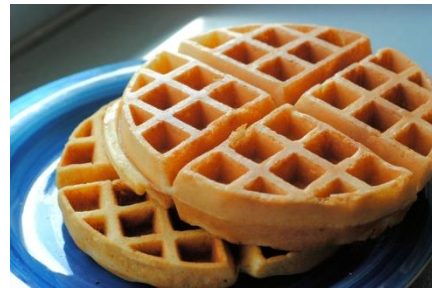


This simple recipe will become a favourite weekend breakfast choice. To add a little more fibre and Omega 3 substitute freshly ground flax or soaked flax for the oil. Typically flax would need to be a 3:1 ratio to replace oil and you may want to mix it with some water.

## **Einkorn Blender Waffles**

### **Ingredients:**

2 cups Fieldstone Organics Einkorn, ground into flour  
½ cup Grapeseed Oil  
2 eggs  
1 ½ cups milk  
½ tsp. salt  
1 Tbsp baking powder



### **Procedure:**

Place all ingredients in blender until mixed.

Pour onto hot waffle iron and enjoy lightly browned, whole grain waffles with yogurt and fresh or frozen fruit on top.

