



Avocado Waffles

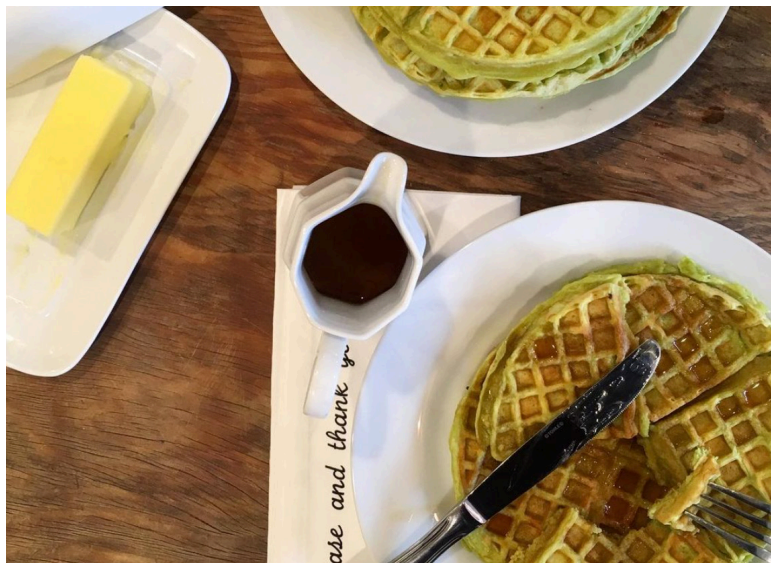
from An Avocado A Day cookbook

INGREDIENTS

1 cup all-purpose flour
1 tbs sugar
2 tsp baking powder
1/2 tsp salt
1 cup milk (any of choice)
1/3 cup smashed avocado
1/4 cup water
1 tbs melted coconut oil, plus more
for cooking
1 tsp apple cider vinegar
1 tsp vanilla extract
Syrup, fruit, nuts, or honey, for serv-
ing (optional)

DIRECTIONS

- 1) In a large bowl, whisk together the flour, sugar, baking powder, and salt, then form a well in the center.
- 2) In a medium or large bowl, mix the milk, avocado, water, oil, vinegar, and vanilla until smooth.
- 3) Pour the milk mixture into the well in the flour mixture, and stir with a fork until just mixed. Lumps are okay, but try to get all the dry ingredients on the sides and bottom moistened.



Prep Time: 15 minutes

Cook Time: 15 minutes

Total Time: 30 minutes

Serves: 3-4 waffles

- 4) Heat your waffle iron at its highest setting, and brush it lightly with coconut oil.
- 5) Pour about 1/3 cup of the batter onto the iron, and cook for about 3 minutes. Take care opening the waffle iron; if it doesn't open easily, let the waffle cook a little longer.
- 6) Serve immediately with the toppings of your choice, or keep the waffles in a warm oven until ready to serve. Waffles can be reheated in a toaster later.

Enjoy!