

Kamut Waffles

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Dry ingredients...

1 1/2 c. ground kamut flakes or kamut flour
1/4 c. all-purpose flour
1 T. baking powder
1 T. sugar
1/2 t. sea salt

Wet ingredients...

3 eggs, beaten
4 T. unsalted butter, melted
1 c. 1% milk

Special Ingredient...

1/2 c. unsweetened apple sauce

Assemble your three separate types of ingredients together.

Mix them all up with a whisk and let sit for 20 minutes.

Ladle onto a hot waffle iron and cook accordingly.

While the waffles are cooking...

Combine 1/2 c. whipping cream with 2 T. maple syrup and beat with a hand mixer until whipped to your liking!

Serve the waffles with maple syrup and a dollop of whipped cream.