

Gluten-Free Waffles

This Gluten-Free Waffle recipe has become an AH reader favorite. It's perfect for everything from fancy brunches to afternoon snacks. You can even freeze a batch to feed kids quickly on a busy morning. Working with gluten-free dough can be tricky if you don't understand the texture and structure needed to create a fluffy end result. However, with a few tips, it's quite easy to create these masterpieces in minutes.

Top these delicious treats with fruit sauce and fresh whipped cream (*Always Hungry?* page 222). You can also top with one of our DIY Nut Butters like Macadamia Nut Butter from our newest book, *Always Delicious* pages 55-58. For a complete meal, add a couple of slices of turkey bacon or smoked salmon on the side.

Variations - Savory Herb or Cheesy Waffles

These gluten-free waffles are quite versatile as well. For a savory result, try using fresh herbs instead of vanilla in the batter. Another delicious choice is to fold in some shredded cheese at the end to make cheesy, waffle shaped breads. Use these as an alternative to sandwich breads, or top them with savory ingredients and serve them open-faced. If you have leftovers, dry and crumble them to use as a breadcrumb substitute.

Recipe makes 8 (6-inch) waffles

Ingredients

2 cups chickpea (garbanzo) flour (280 grams)
¼ teaspoon salt
1 teaspoon baking soda
2 eggs, separated
1 ½ cups whole-milk plain Greek yogurt
½ cup unsweetened soy, almond or whole milk
½ cup neutral-tasting vegetable oil, plus more for waffle iron
1 teaspoon vanilla extract
Fruit, whipped cream or a little maple syrup for serving

Preparation

First, preheat your waffle iron. Then, in a large bowl, whisk together chickpea flour, salt and baking soda. Next, in a medium bowl, whisk together egg yolks, yogurt, milk, oil and vanilla. Stir wet ingredients into dry.

In another bowl, beat egg whites with a whisk or hand mixer until they hold firm peaks. Gently fold whipped egg whites into batter — it should be on the thick side.

Finally, cook batter in heated waffle iron following manufacturer's instructions. Serve warm with fruit, whipped cream or maple syrup.

If you are looking to substitute other flours for the chickpea flour, I haven't found a good substitute for this recipe. Nut or coconut flours tend to make them too dense.

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