

## Grain-Free Waffle (Sandwich Bread) Recipe

We're omitting the vanilla in this recipe to prepare savory sandwiches. Feel free to include the vanilla if you'd like a sweet and savory combination, perhaps in a breakfast sandwich. Makes about 8 (6-inch) waffles, enough for 8 sandwiches.

### INGREDIENTS

2 cups chickpea (garbanzo) flour (about 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

### 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, and oil. 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. Cut each waffle in half for the top and bottom of your sandwich.