

## BELGIAN WAFFLES (gluten free)



These waffles are light, delicious, slightly crisp on the outside, and soft on the inside. Waffle perfection! Beating the egg whites is the key. Enjoy these with your favorite topping like strawberries, powdered sugar, blueberries, whipped cream, and of course, maple syrup.

Makes: 5 waffles (1/2 cup each)

### INGREDIENTS:

*\*Please note:* Weighing your flours is the most accurate method, but if you don't use a scale, remember to NOT scoop your measuring cup into the bag...instead, spoon flour into your measuring cup and level off with the back edge of a knife.

#### Dry Ingredients:

1 cup white rice flour (5.7 oz.)  
1/3 cup tapioca flour (1.3 oz.)  
1/4 cup brown rice flour (1.0 oz.)  
1/4 cup cornstarch (1.2 oz.)

1/2 tsp. baking soda  
1 1/2 tsp. baking powder  
1/2 tsp. salt  
3 Tbsp. granulated sugar

#### Wet Ingredients:

4 Tbsp. butter  
1 cup buttermilk  
1 tsp. vanilla  
2 large eggs, separated

### GETTING READY

1. Melt butter and pour into a medium-sized mixing bowl. Set aside to cool.
2. Separate eggs (both whites and yolks will be used)
3. Bring eggs and buttermilk to room temperature before starting
4. Pre-heat waffle iron

### LET'S GET STARTED

1. In a medium-sized mixing bowl, whisk together all dry ingredients: white rice flour, tapioca flour, brown rice flour, cornstarch, baking soda, baking powder, salt, and sugar
2. When butter is cooled, add to it the buttermilk, vanilla, and yolks. Stir or whisk by hand.
3. Beat the egg whites until stiff peaks form
4. Pour wet mix into the dry mix and whisk by hand until well blended.
5. Gently fold egg whites into batter with rubber spatula
6. Cook your waffles! Cook for about 5 minutes or until lightly golden and slightly crispy on the outside. In my 4-square waffle maker, I can make five 1/2-cup waffles.
7. Serve hot with your favorite toppings.

**Tip:** Bake these the night before for a hassle-free breakfast the next morning. Just cook, cool them completely, and store in the fridge in a large zip-lock bag (press out as much air as possible). The next day, bring to room temperature on the counter while you are preheating your oven to 300 degrees. Heat on a baking sheet loosely covered with foil for about 15 minutes.

**\*\*To double this recipe, double all ingredients above minus one of the egg yolks.**