

Carrot Waffles

INGREDIENTS

- 1 cup spelt flour (normal flour also works)
 - 1 teaspoon ground cinnamon
 - 1 teaspoon baking powder
 - 1 teaspoon ground cinnamon
 - 1/4 teaspoon salt
- 1 cup grated carrot (about two large carrots)
 - 1 tablespoon coconut or fruit sugar
 - 1 teaspoon vanilla extract
 - 1 large egg
 - 1/4 cup almond milk
 - 1/4 cup canola oil
- Yoghurt, honey, walnuts and raisins to serve

METHOD

- Turn on your waffle iron so it heats up
- Sieve the flour, cinnamon, baking powder and salt into a large bowl
- In another bowl mix the carrot, sugar, vanilla, egg, oil and milk.
Mix well
- Pour the wet ingredients into the dry ingredients and using a spatula mix till fully combined
- Spray your waffle iron with oil spray and pour the mix on. Leave it to cook for about 8 minutes
- I serve them with Greek yoghurt, honey, raisins and walnuts but they go with anything!