

WAFFLE

INGREDIENTS

1. 1 Cup of Spelt/Wheat grain
2. 1/4 Cup Honey/Agave nectar
3. ½ tsp salt
4. ¼ cup farm raw butter
5. 2 eggs
6. ¾ Cup Coconut Milk

METHOD

1. With the mill switched on pour the grain into the hopper.

Note: Remember once a grain berry has been milled the natural process of decomposition starts as the protecting bran sheath is broken and oxygen is introduced into the equation, nutrients will be lost and oxidized over time. Solution - only process (stone mill or roll) grains on demand, alternatively stone milled flour with the germ only have a 2 week shelf life.

2. Add all the ingredients in your Magimix or similar S-blade mixer and mix well until it is a even and creamy batter.
3. Use a waffle baking machine and bake for ±2 minutes until it is gold – brown in color.
Do not overcook the waffles, as it becomes dry, plus, remember any burnt food is not conducive to good health.
4. Makes 6 sheets of 5 delicious small waffles.

Enjoy it &



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