



# BUCKWHEAT WAFFLES

This weeks recipe of the week is shared with us from vegan recipe creator **Meg Phillips**. A simple & wholesome breakfast of homemade waffles with your choice of topping.

## Ingredients:

1 1/2 cups of buckwheat flour

1/2 cup of gluten free plain flour

1 teaspoon baking powder

1 tablespoon coconut sugar

2 cups of almond milk

## Method:

Pre heat your waffle iron till it is nice and hot.  
Combine all ingredients together in a blend and blend until smooth.  
Grease the waffle iron with coconut oil.  
Pour the mixture onto the waffle iron and as per the instructions of your waffle iron.

## Inspiration:

Top with sliced banana, fresh berries and coyo natural yoghurt.

**Gluten Free | Dairy Free | Vegan**

**To see more from Meg, visit her [Instagram page here](#).**