

Beet Strawberry Waffles

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 1 1/2 cups brown rice flour
- 1/2 cup almond flour (ground almonds)
- 1.5 tsp baking powder
- 2 tbsp coconut sugar**
- 1 medium beet, cubed and cooked
- 1 cup chopped strawberries
- 2 eggs
- 1 1/2 cups almond milk

Instructions:

1. Add all ingredients to a high powered blender and pulse until smooth and creamy.
2. Preheat waffle maker to medium-high. Pour 1/3 cup batter into each side of a square waffle maker and cook until crisp.
3. Top with fresh cut strawberries, coconut yogurt and maple syrup. Enjoy immediately!

Notes:

Makes 9 square waffles. **You can omit the coconut sugar, but if your strawberries are not sweet the batter may not be as tasty. Stevia is also an option!