

Beet Strawberry Waffles

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 1/2 cups brown rice flour
- 1/2 cup almond flour (ground almonds)
- 1 scoop unflavoured and unsweetened Genuine Health fermented organic gut superfoods*
- 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. *This also works well with the "Summer Berry Pomegranate" flavour gut superfoods. **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! If you don't have Genuine Health's Gut Superfoods, simply omit from recipe, you don't need to replace it with anything.