

SOURDOUGH WAFFLES

Discard friendly recipe

Ingredients:

- 200g Non-active Sourdough Starter [discard]
- 500g Warm Milk (non-dairy milk such as coconut or almond work great)
- 80g Coconut Oil or Melted Butter
- 2 Eggs
- 50g Maple Syrup
- 150g All-Purpose Flour
- 150g Spelt Flour
- 6g Salt

Instructions:

- In a mixing bowl, whisk together the non-active sourdough starter, warm milk, coconut oil or melted butter, eggs, and maple syrup until well combined.
- Add the all-purpose flour and spelt flour, along with the salt, to the bowl.
- Continue to mix until the batter is smooth and no lumps remain.
- Cover the bowl and refrigerate the batter for 8-12 hours. This allows the sourdough flavor to develop.
- When you're ready to cook the waffles or pancakes, remove the batter from the refrigerator and give it a good stir.
- Preheat your waffle iron according to its directions. If making pancakes, preheat a griddle or non-stick pan over medium heat.
- Scoop the batter into the preheated waffle iron or onto the griddle/pan for pancakes. Use the amount of batter recommended by the waffle iron manufacturer or make pancakes of desired size.
- Cook the waffles or pancakes according to the instructions provided by the waffle iron manufacturer or until golden brown and cooked through.