

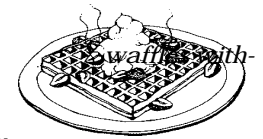
# SueGreggCookbooks Starter Recipe #1



To view a step-by-step demonstration of this recipe click the photo link on the home page of [www.suegregg.com](http://www.suegregg.com)



## Blender Waffles/Pancakes



Enjoy surprisingly light and crispy whole grain out an expensive grain mill.<sup>1</sup> Versatile allergy alternatives with different grain variations to suit your needs. Increase recipe 1 1/2 times for 6 servings, but do not double it in a standard blender.

**AMOUNT:** Serves 4 (4 - 5 waffles--7"; 18 - 20 pancakes--4")<sup>1</sup>

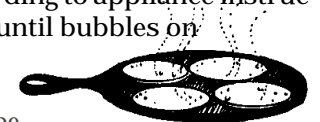
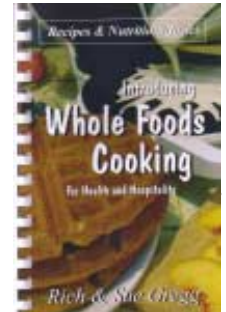
### STAGE 1

1. Place in blender; blend at highest speed 3 - 5 minutes; cover blender; let stand at room temperature 12 - 24 hrs.  
1 - 1 1/4 cups plain yogurt + 1/2 cup very hot filtered water  
or 1 1/2 - 1 3/4 cups other dairy or dairy alternative  
lower amount for pancakes; higher amount for waffles  
2 tablespoons extra virgin olive oil or melted butter  
(or melted coconut oil added in step 4)  
1 teaspoon vanilla extract (omit with buckwheat)  
1 cup raw brown rice + 1/2 cup uncooked rolled oats  
(or other grain choice)

2. Sift leavenings and salt through strainer into a small bowl; set aside:  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 - 1 teaspoon salt, to taste

### STAGE 2

3. Preheat waffle iron at highest temperature, or griddle on medium-high.
4. Just before baking, add egg and any extra liquid to maintain a vortex; blend on highest speed 1 - 3 minutes  
1 egg or alternative  
1 Tablespoon Flax Seed (optional)  
additional liquid (add water if batter needs thinning to keep blender churning)
5. Briefly blend in leavenings and salt just to mix in evenly (assisting with rubber spatula, if needed):  
leavenings and salt (from step 2)
6. Spray waffle iron or griddle or grease with coconut oil as needed  
Pour batter onto hot waffle iron or griddle for pancakes. Bake until light goes off on waffle iron or according to appliance instructions. For pancakes, bake on first side until bubbles on unbaked side begin to break; turn and bake on second side.



<sup>1</sup>For more detail on variations of this recipe and other waffle and pancake recipes see *Breakfasts*. For calorie counts on grain variations, see the *Build-A-Waffle* chart, p. 162.