



How To Make Gluten Free Waffles

Into a [blender](#), mix:

- 1 cup kefir or yogurt
- 1 tablespoon coconut oil
- 1 teaspoon vanilla
- 1/2 cup uncooked quinoa (rinsed)
- 1/2 cup uncooked buckwheat

Blend for 90 seconds and let sit overnight – then in the morning
BLEND in:

- 2 eggs
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1 tablespoon flax seeds (optional)

Then cook up on your griddle or waffle iron!