



Simple | Healthy | Delicious

Vegan Chia Waffles

INGREDIENTS

1 cup all-purpose flour
2 teaspoons baking powder
1 tablespoon chia seeds
1/2 teaspoon cinnamon
1/4 teaspoon salt
1 cup milk
1/2 cup applesauce
1/2 teaspoon vanilla extract



DIRECTIONS:

1. Mix the dry ingredients in a bowl, and mix the wet ingredients in a different bowl. Combine and mix until the waffle dough is without lumps.
2. Preheat waffle iron and spray with nonstick baking spray or wipe down with some oil. Cook waffles according to the waffle maker's instructions, which usually means putting about 1/4 cup batter on the iron, closing, and waiting for a light to go out.