

 Approximately **40 min**

 **557 kcal** p.p.

 **2 persons**

WHAT YOU NEED

- A package of baby spinach: 1 pcs
- Spelt flour for baking: 100 g
- Chickpea flour: 100 g
- Baking soda: 2 g
- Avocado: 1 pcs
- A package of sprouts: 1 pcs

GOOD TO HAVE AT HOME

- Salt
- Pepper
- Ground nutmeg
- Water: 200-300 ml
- Olive oil or coconut oil

ALLERGENS



VEGAN SPINACH WAFFLES

INSTRUCTIONS

- Pit, peel and cube the avocado. Drizzle with some lemon juice to prevent discoloring. Add the avocado to a small bowl and season to taste with salt and pepper.
- Combine the spinach with the water in your food processor and pulse until smooth. Combine the chickpea flour with the spelt flour and baking soda in a big bowl. Add the spinach water and mix well. Season with salt, pepper and some ground nutmeg.
- Preheat and grease your waffle iron. Drop portions of the waffle mixture into the waffle iron and bake until golden brown.

SERVINGS

- Arrange the spinach waffles onto plates and top with avocado and some sprouts.