

## Kitchen Therapy

### Quinoa Cocoa Waffles

makes 4-5 waffles

ingredients	metric measures
1 cup plus 2 tablespoons quinoa flour	150 gm
2 tablespoons cocoa	12 gm
2 tablespoons sugar	12 gm
1 teaspoon baking powder	4 gm
½ teaspoon salt	8 gm
1 cup apple juice	240 ml
1 egg	50 ml
2 tablespoons oil	30 ml

Preheat waffle maker. Preheat oven to 150 degrees.

In a medium bowl, mix quinoa flour, cocoa, sugar, baking powder, and salt. Combine well.

In a small bowl, whisk together apple juice, egg and oil.

Add juice mixture to quinoa flour mixture and whisk until smooth.

Pour into the waffle maker and bake until the steam stops. Remove waffle from the maker and place right on the bare oven rack to keep crispy while the second batch cooks. Repeat until all the batter is cooked.

Serve with your favorite chocolate syrup and or peanut butter sauce. These would be equally lovely with a fruit sauce. Raspberries, strawberries, peaches, or even mandarin oranges are good choices.

**Click the following links for more information.**

Quinoa nutrition. <http://whfoods.org/genpage.php?tname=foodspice&dbid=142#foodspicename>

Cocoa nutrition, a great source of fiber and minerals. <http://www.nutritiondata.com/facts/sweets/5472/2>

Apple juice. Cloudy, clear, which is better? Scroll down about to the middle.

<http://whfoods.org/genpage.php?tname=foodspice&dbid=15#descr>

**Kitchen Therapy**  
**Overcome your gluten free kitchen issues.**  
<http://blog.kitchentherapy.us>

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