

# Low Carb Waffles (Gluten Free, Dairy Free)

(Cooking with the Girls – Ep. 6)

## ***Ingredients:***

8 Eggs

½ cup of Almond Milk

1 ½ Tbsp of Vanilla

Pinch of Salt

½ cup of Coconut Flour

## ***Directions:***

Preheat your waffle maker. Spray with cooking oil.

In a blender or with an emulsifier, blend together the eggs, almond milk, vanilla, and salt until smooth. Blend in the coconut flour until you have a smooth waffle batter.

Pour the waffle batter into the waffle maker and cook for about 4-5 minutes or until waffle is light and fluffy. Carefully, remove the waffles once they are done and serve.