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Mushroom Lovers CLUB



RYE WAFFLES WITH MUSHROOMS & KALE by The Gouda Life

These savoury waffles freeze beautifully for a quick snack, toast up well and make a great base for a fried or poached egg. If you like a sweet and savory bite, mix some honey and cayenne pepper together and drizzle over the toasted waffles.

Prep Time: 15 mins. | Cook Time: 15 mins.

INGREDIENTS

2 tbsp vegetable/coconut oil
8oz sliced white/cremini mushrooms
sea salt
1 1/2 cups all purpose flour
1 cup rye flour
2 tsp baking powder
1 tsp baking soda
1 tsp salt
1 tbsp sugar
2 cups milk (cows/unsweetened dairy-free)
1/4 cup butter or coconut oil, melted
2 large eggs, lightly beaten
1 cup chopped up kale

METHOD

Melt oil in a large heavy skillet over med-high heat. Once sizzling add the mushrooms and cook, stirring every few minutes, until golden brown. Do not salt before the mushrooms are browned. Add salt to taste and set aside to cool.

In a large mixing bowl, whisk together the flours, baking soda + powder, salt and sugar to combine. Make a well in the middle of the dry mixture and add the wet ingredients. Use a fork to slowly pull them all together making sure not to over-mix. A few lumps is perfectly fine. Fold in the mushrooms and kale.

Get your waffle iron ready to go and cook waffles according to your manufacturer's instructions. I typically add about 1/4 - 1/3 cup of batter per waffle. Keep warm on a baking sheet in a 250 oven until you've cooked up all the batter.

Makes approximately 10 waffles

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RECIPE

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