Keto Maple Brown “Sugar” Waffles

**Serving Size: 1o mini waffles Prep Time: 5 mins Cook Time: 10-15 mins**

1/4 cup + 2 tbsp (45g) Lupin Flour

1/4 cup (42g) Urad Flour or (40g) Pea Protein Powder

2 tbsp (15g) Vital Wheat Gluten

3/4 tsp Baking Powder

1/4 tsp Baking Soda

1/16 tsp Xanthan Gum

1/16 Ascorbic Acid (optional)

1/2 tsp Salt

3 tbsp Brown Swerve

1 Egg

1/4 cup Silk Alternative Half & Half or regular Half & Half

2/3 cup Homemade Keto “Buttermilk”

1/8 cup Grapeseed Oil or Oil of your choosing

2 tsp Maple Extract

1 tsp Butter Vanilla Bakery Emulsion

Sugar-Free Maple Whipped Cream (optional)

Special Equipment:

Blender or Hand Mixer or Food Processor

Waffle Iron

Begin by mixing all your dry ingredients: lupin flour, urad flour or pea protein powder, vital wheat gluten, baking powder, baking soda, xanthan gum, ascorbic acid, salt, cinnamon, and sweetener together in a bowl. Set this bowl aside.

Now add all of your wet ingredients: buttermilk, half & half, oil, egg, maple extract, butter vanilla emulsion, in first to your blender. Next, add the brown swerve. Lastly, add the bowl of flour and then mix on high for 5o seconds.

Allow your waffle iron to heat. Once ready, pour in enough batter to fill the mold. Cook the waffles for 3-5 minutes, depending on the size of your waffles.

Top with some sugar-free syrup, maple whipped cream, and serve warm.

**Nutritional Facts for 1 Waffle using Urad Flour:** 68.6 Calories, 1.9g Net Carbs, 4.4g Fat, 4.6g Protein.

**Nutritional Facts for 1 Waffle using Pea Protein Powder:** 69.8 Calories, 0.6g Net Carbs, 4.3g Fat, 6.8g Protein.