



# Spider Demo Kitchen

## Carrot Cake Waffles

yield: 4-6 waffles



### Ingredients:

1 cup	All purpose flour
1 cup	Whole wheat flour
2 tsp	Baking powder
2 TBSP	Ground flax
1/2 tsp	Cinnamon
pinch	salt
1 cup	Carrots, grated
2 cups	Almond milk
1/4 cup	Coconut oil
1 tsp	Vanilla extract
2 TBSP	Maple syrup

### Instructions:

1. Preheat a waffle iron.
2. In a large bowl, whisk together dry ingredients.
3. In a separate medium bowl, mix together grated carrots, almond milk, coconut oil, vanilla, and maple syrup.
4. Fold wet mixture into the dry ingredients and stir until just combined.
5. Scoop batter onto your waffle iron (amount depends on the size of your iron) and cook until the edges are slightly crisp. Serve with extra maple syrup!

**Note:** these are vegan!

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