## 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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**Spider Demo Kitchen**

**UR Dining**