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March 6, 2014, written by katie

Simple and satisfying. Is there really much more to want than that? SIMPLE. SATISFYING. I'd like to swallow those words, digest them and let them sink from my cells right into my soul!

That's how it is when I'm alone writing. It's simple. No noise. Time ticks away without my awareness. While I make no claims of talent or even treasure in the words I write, I simply say it all without worry or want. To me, writing time simplifies my life!

Satisfying too, really. Sitting with my journal in my lap, pen in hand writing away puts peace right into a fast-paced day. Or, glaring into the white computer screen, tapping away at the keys keeps me centered at least for the moment. They call it 'the zone', I think, when we find that sweet spot of timeless, effort-free activity.

Writing takes me away from the complicated, sometimes claustrophobic hustle, bustle of the day. It's just my way. In many ways, it's my own personal way to pray. I connect to Christ effortlessly in the energy on a page. If I'm in a funk, flailing or frustrated a few deep breaths, a pause to pray and then allowing my fingers to walk across the keys for a while sorts out my stress. It calms my frayed nerves and quiets unnecessary anxiety.

While, I admit, I love a little complication from time to time, it gives me the chance to face a challenge, I crave the simplicity when all the noise falls away.

You must possess a 'zone' of your own. Is there something, anything, you use to ward off worries and wants? To cure your restless mind or weary ways? It's the 'something' that makes life simple and satisfying if only for a little while.

What simply satisfies you?

Kind of a coincidence, but these weekend waffles got me thinking about this topic of simplicity and satisfaction last Saturday. They are SO SIMPLE and SO SATISFYING....so while whipping them up, my mind wandered to how delicious this whole topic is to me!

With only a few ingredients, I can toss them together flawlessly with some Saturday morning music playing and the girls coloring at the counter. Bing, bam and done!

Recipes like these make Saturday mornings simple and satisfying....like writing! Sometimes I relish the complicated concoctions. But, these little carefree weekend morning treats are perfect when I want to produce something special without the worry or fuss.

What's even better is that I can easily make a double batch and freeze extras for simple and satisfying weekday mornings too!

Now, let's get cookin'!

Recipe category

[Food Fit for the Morning](#) [1]

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Ingredients

- 1 cup whole wheat flour
- 1 cup almond meal (I like Honeyville brand best)*
- 1 teaspoon Celtic Sea Salt**
- 4 teaspoons baking powder
- 2 organic whole eggs or 2 'flax eggs'*** (see notes)
- ¼ cup creamy almond butter
- 1 cup milk plus more to create your desired consistency (I prefer whole milk or almond milk)

Recipe Instructions

- Mix dry ingredients together (wheat flour, almond meal, baking powder and salt)
- Whisk together eggs/flax substitute, almond butter, and 1 cup of milk.
- Add the wet ingredients to dry mixture.
- Add additional milk until desired consistency is reached. (You want the batter fairly thick but able to spread into the waffle maker)
- Preheat and grease a waffle iron lightly. Add prepared mix to iron, about ¼ - ½ cup per waffle depending on the size of your iron.
- Serve with REAL butter (yep, the real stuff is best...pastured butter is even better) and PURE maple syrup.

Featured Image



Recipe Description

I love making waffles on the weekend, especially when I know how easy and healthy it will make our weekday mornings. 100% whole wheat flour and almond meal make a nutritious and hearty combination and with only a few other ingredients, these will simply satisfy just about anyone!

Recipe Notes

*Here's the kind of [almond meal](#) [2] I buy. I love the texture and how it bakes. Keep it in the fridge for freshness.

[Buy Honeyville Almond Meal here.](#) [2]

**Here is a [great article](#) [3] about WHY I always recommend Celtic Sea or Pink Himalayan Salt

[Buy Pink Himalayan Salt here.](#) [4]

***For those of you who want to avoid eggs because you are either vegan or just out of eggs, use 1 Tablespoon of milled flax stirred and soaked for a few minutes in 3 Tablespoons of water. I do this ALL the time when baking.

[Buy Milled Flax here.](#) [5]

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Links

[1] <https://www.livinghappilywhole.com/recipe-category/food-fit-morning>

[2] http://www.amazon.com/gp/product/B00HS0111A/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B00HS0111A&linkCode=as2&tag=happwhol-20&linkId=H4T3HHLYXNU6PAOP

[3] <http://www.100daysofrealfood.com/2013/07/22/sodium-essential-salt/>

[4] http://www.amazon.com/gp/product/B005MER0RA/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B005MER0RA&linkCode=as2&tag=happwhol-20&linkId=IJR BVWED3C4ZAPN4

[5] http://www.amazon.com/gp/product/B000FDKQBK/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B000FDKQBK&linkCode=as2&tag=happwhol-20&linkId=T7GJJ26R2IVRIBXX