

## **Sprouted Wheat Kernel Blender Waffles**

Sprout 2 cups of sprouted wheat (or reserve 2 c. from what you are sprouting for flour.) No need to dehydrate!

2 T. sugar or honey

2 T. baking powder

2 T. oil

2 eggs

¼ tsp. salt

1 ¼ c. milk (or enough to cover the wheat.)

Measure 2 cups of your soft sprouted wheat into the blender. (If it is dehydrated, you can also use it, I prefer to use it before dehydrating.)

Cover the wheat with milk and blend for 5 minutes.

After the 5 min. has passed, add the remaining ingredients and blend again. If the batter seems too thick, add a couple of splashes more of milk. Cook on a hot waffle iron. Makes 20, 4x4 inch square waffles.