



Makes about 12 waffles
Cook Time: 20 minutes

INGREDIENTS:

2 cups almond milk
¼ cup applesauce
½ cup maple syrup
1 teaspoon apple cider vinegar
1½ cups blue cornmeal
1 cup whole wheat flour
1 teaspoon baking powder
½ teaspoon sea salt
¼ cup frozen blueberries
¼ cup small walnut pieces

Blue Corn Maiden Waffles

To close out Native American Heritage Month, we are featuring Felicia Cocotzin Ruiz's seriously delicious blue corn waffles recipe. Try these vegan waffles at your next family brunch or make them as a breakfast for one.

Tip: For best results, use a waffle maker with a nonstick surface. If your waffles do happen to stick to the waffle maker, unplug it and let the waffles cool before opening the lid and trying to pry them loose.

By Felicia Cocotzin Ruiz

- 1 Preheat waffle iron.
- 2 In a large measuring cup, use a spoon to stir together almond milk, applesauce, maple syrup, and apple cider vinegar. Set aside.
- 3 In a large mixing bowl, combine the cornmeal, whole wheat flour, baking powder, salt, blueberries, and walnut pieces.
- 4 Make a well in the center of the dry ingredients and pour in the wet ingredients, mixing with a spoon until smooth.
- 5 Cook waffles according to waffle iron instructions.