

## Savory Wild Rice Belgian Waffles

Prep Time: 15-20 minutes    Cook time: approx. 6 minutes each

### Ingredients:

½ c. to 1c. cooked wild rice

Note: The amount of rice doesn't need to be specific for this recipe. Anywhere in this range will work; it just depends on if you want more or less wild rice in your waffles.

1 ½ c. ground oats (can just grind up oatmeal oats in food processor)

½ c. flour

1 T. heavy cream

3 T. Greek yogurt

3 eggs

¼ c. melted unsalted butter

2 tsp. baking powder

1 tsp. baking soda

2 c. Low Sodium Chicken stock

1 tsp. Chili Powder

½ tsp. Garlic Powder

½ tsp. White Pepper (black is fine) \*\* can use more for a bit more heat if desired.

Lg. pinch of sea salt (or whatever salt you prefer)

1 tsp. Cumin

1 tsp. Thyme

### Directions:

**NOTE: This recipe works best if the rice was made the night before. However, if you make it at the same time, just leave it sit in a strainer over the sink while you prepare the batter. This way it's very well drained, and somewhat dried before you add it to the mixture.**

Begin by adding all dry ingredients into large mixing bowl, including all spices. Whisk dry ingredients together, until well combined. Next, use two separate bowls to separate the three eggs. Add the chicken stock, cream, yogurt, the three egg yolks, and the melted butter to the dry ingredients; fold together, taking care not to over mix. Using an electric mixer, beat the egg whites until peaks are just beginning to form. Whites should be very voluminous and fluffy. Next, begin folding the egg whites into the batter, one spoonful at a time. Again, taking care not to over mix. Once egg whites are mixed in, carefully fold in cooked rice (try to not to reduce the volume too much). Waffles should take 6 minutes or so to cook; you want them to have a nice dark golden crisp to the outside. The insides will remain light and fluffy.

These waffles are perfect all by themselves, or separated and used as a "bun" for turkey sliders (or any other burger, for that matter).

