



Recipe Details

Recipe Name - Brown Rice & Quinoa Crispy Waffle Bread

Recipe Steps -

Ingredients

For the Brown Rice and Quinoa Fluff:

- 1 cup quinoa
- 1 cup brown rice
- 2 1/2 cups water

For the Waffle:

- 1 cup of cooked brown rice and quinoa fluff
- 1/4 + 2 Tbsp water

Instructions

1. Place all ingredients for brown rice and quinoa fluff in an instant pot and cook on high pressure for 20 minutes, slow release for 25 minutes
2. When "fluff" is cooked, place all waffle ingredients in a high-speed blender and blend until waffle-like consistency
3. Place batter in a hot waffle iron and cook for 12 to 15 minutes, as all irons vary in temperature
4. These are crispy, light, and delicious; enjoy!

