

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!



