

I have fond memories of meeting my grandmother on Manhattan's Upper East Side for the best Belgian waffles in town. The narrow, hole-in-the-wall diner had the most enormous waffle makers I had ever seen.

The size of your waffles will depend on your waffle iron, too, and there are many to choose from. My latest model has a nonstick surface, but if you're not into that, there are waffle makers that have cast-iron surfaces. While I don't need to grease mine, I usually give it a quick rub of butter or oil before I begin. It's also a good idea to fully warm up the iron to ensure that the first waffle is just as good as the next. If it's crisp your cooked waffles, place them in a dehydrator or oven at 150°F/65°C for up to 30 minutes.

1 cup blanched almond flour (or other nut flour)

¼ teaspoon salt

¼ teaspoon baking soda

¼ teaspoon ground cinnamon (optional)

4 eggs

1 teaspoon vanilla extract

2 tablespoons honey

- 1 Preheat your waffle iron on a medium setting. Grease as needed, or according to the manufacturer's directions.
- 2 Place the almond flour, salt, baking soda, and cinnamon (if using) in a mixing bowl. Blend together using a whisk.
- 3 Add the eggs, vanilla, and honey and whisk until well blended.
- 4 Pour about ¼ cup batter into the heated waffle maker (more or less, depending on your waffle iron) and close the lid.
- 5 When the waffle is ready, transfer it to a plate and add your favorite topping. Seal and store any extra waffles in the refrigerator for a few days, or freeze them for up to a month or so.

Makes 6 to 8 waffles, depending on your waffle maker

1 cup blanched almond flour

¼ cup butter or ghee (page 24)

¼ cup melted (8)

3 large eggs

2 tablespoons honey