

FourMonstersPaleo

# Green Cauli-Waffles



Prep time **15 min**

Cook time **about 20 min**

Yield **6-8 waffles**

Special tools needed **large mixing bowl, immersion blender, waffle iron**

## Notes:

Add dried or fresh herbs (mint, parsley, basil, etc.) to explore different flavor profiles!

We serve these with grass-fed butter, but a schmear of salted ghee or a sunny-side-up egg would be good, too!

## Ingredients

- 1 pound riced cauliflower
- 2 cups tightly packed chopped kale
- 1 scoop greens powder
- 2 tsp baking powder
- 1 tsp garlic powder
- 1 tsp onions powder,
- 1 ½ tsp salt
- ¼ tsp crushed red pepper flakes
- Several cracks black pepper
- 1 tsp dried basil (optional)
- 2 tsp nutritional yeast
- 5 eggs
- ⅓ cup almond flour
- ¼ cup cassava flour
- 3 slices cooked bacon or prosciutto, finely diced (optional)
- fat for the waffle iron, if desired

## Preparation

1. **Add cauliflower and kale to a large bowl** and process with the immersion blender until almost smooth. Add remaining ingredients (except for meat) and blend till completely smooth. Stir in bacon or prosciutto if using.
2. **Heat waffle iron**, brush with bacon grease or other fat if desired, and add about ½ cup batter, cooking according to manufacturer's instructions. Repeat with remaining batter.