

Recipe: NUT BUTTER SESAME CRUNCH WAFFLES



Ingredients

- Three-quarters cup High Potency Mash
- One tablespoon organic peanut or almond powder
- One to two tablespoons organic sesame seeds
- Two tablespoons organic toasted sesame oil
- One heaping tablespoon organic crunchy peanut or almond butter, or other nut butter
- One half cup unsweetened organic almond milk

(Note: measure the nut butter after you measure the oil, it will slip more easily off the measuring spoon.)

Directions

- Start your waffle iron.
- Mix everything but the almond milk until blended, then slowly add in
- the almond milk. Spoon the batter (it will be thick) into the waffle iron.
- Do not peek! When the waffle iron is no longer producing any steam you can check your waffle. The bottom plate gets hotter than the top, so you might want to flip the waffle over and give it another minute or two, but this is not necessary.



These recipes are provided for the purpose of enrichment and creativity and are intended to be used solely as treats. They should constitute no more than 20% of your bird's total daily intake. Please be advised that improper use may result in nutritional deficiencies or malnutrition.