

## Cassava Flour Waffles with a Collagen Kick

If you want to eat like a Kitavan Islander, you've got to use cassava flour. You may equate it with tapioca flour, because they come from the same root, but cassava flour is the key to fluffy, nongluten baking. (Trust me, I've tried them all.)

I've modified this great recipe by blogger Heather Resler, after meeting with my good friends at Vital Proteins to get some help for vegans like me (and hopefully you). Have it for breakfast, lunch, or dinner.

The folks at Vital Proteins have come up with marine collagen from wild salmon that just blows me away! It has no fishy taste or any taste—repeat, none. Have it for breakfast, lunch, or dinner. The marine collagen adds fish protein.

If necessary, melt the coconut oil in the microwave on high for 30 seconds or set into a bowl of hot water until melted.

### Phases 2-3

Serves 4; makes 4 to 8 waffles, depending on the size and shape of the waffle iron

Prep time: 5 minutes

Cook time: 15 minutes

4 pastured or omega-3 eggs

1/4 cup Vital Proteins marine collagen (optional)

1/2 cup cassava flour

1/4 cup extra-virgin coconut oil

1 tablespoon local honey or Manuka honey, or 3 tablespoons Just

Like Sugar

1/2 teaspoon baking soda

1/4 teaspoon salt

Just Like Sugar, for dusting waffles (optional)

One 12-oz. package Trader Joe's frozen wild blueberries (optional)

Heat a waffle iron.

Place the eggs, marine collagen, if desired, cassava flour, coconut oil, honey, baking soda, and salt in a high-powered blender or regular blender and mix on high for 45 seconds or until well blended and slightly foamy. If you don't have a blender, whisk the eggs, coconut oil, marine collagen, and honey until well blended, and then whisk or stir in the cassava flour, baking soda, and salt.

Using a  $\frac{1}{4}$  cup measure, ladle batter into the waffle iron and cook, following the manufacturer's instructions. Check periodically, since they cook quickly.

If serving as a dessert (phase 3 only), you may want to sprinkle a light coating of Just like Sugar and add  $\frac{1}{4}$  cup wild blueberries on top of each waffle. But always remember, it is best to retreat from sweet!

**VEGAN VERSION:** Replace the eggs with 4 VeganEggs and omit the collagen.

**VEGETARIAN VERSION:** Omit the collagen.