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SPROUTED SPELT HOMEMADE WAFFLES

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- 1 cup sprouted spelt
- 1 tsp. baking soda
- 1egg
- ½tsp. sea salt
- 1- 1½cups yogurt

Add the spelt, baking soda and sea salt to a medium bowl and stir to incorporate. Add the egg to yogurt in a measuring cup and beat with a fork to mix together. Add the yogurt-egg mixture to the dry ingredients, and gently stir to incorporate. Do not over stir. Spray the surface of a heated waffle iron and add mixture. Cook until done. Serve with butter and maple syrup.