

# Gluten-Free Waffle Cone

Ingredients	%
Faba Bean Flour V-6000	36.7
Icing Sugar	28.3
Almond Milk	25.7
Canola Oil	7.0
Corn Starch	1.0
Xanthan Gum	0.8
Vanilla	0.6

## Procedure

- Mix oil, vanilla, and almond milk together
- Add in sugar, Faba Bean Flour V-6000, and cornstarch, and mix until smooth
- Let batter sit for 30 min
- Place a spoonful (approx. 16 g) of batter in the middle of the waffle iron
- Cook at medium heat for 2 min
- Form the waffle cone while it is hot with the cone former

## Nutrition Facts

Serving size	(100g)
Amount per serving	
<b>Calories</b>	<b>430</b>
	% Daily Value*
<b>Total Fat 11g</b>	14%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
<b>Total Carbohydrate 74g</b>	27%
Dietary Fibre 1g	4%
Total Sugars 35g	
Includes 34g Added Sugars	68%
<b>Protein 8g</b>	
Vitamin D 0mcg	0%
Calcium 100mg	8%
Iron 3mg	15%
Potassium 797mg	15%

\*The % Daily Value tells you how much nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Calories per gram Fat 9 • Carbohydrate 4 • Protein 4



## Contact us:

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