

Join the First Multi-City Vegan Waffle Party

Alisa Fleming, www.GoDairyFree.org ~ National Waffle Day may fall in August, but a new special event has emerged to celebrate waffles that are free from dairy and eggs. Whether you like them savory or sweet, this waffle celebration is open to you. The event founder, Dave Wheatner, had this to share, "We're hosting Waffle Party 10 here in Pittsburgh on the afternoon/evening of May 24, 2008. We think it would be great if adventurous people in several other cities around the globe also threw vegan waffle parties on 5/24. This would promote more sustainable, healthier, compassionate eating in a fun way!"

David encourages waffle parties of all sizes, whether you opt to host a large party or an intimate gathering of a few friends. This is also a fabulous event to share with kids with food allergies. Invite their friends over to make and "decorate" their own dairy-free, egg-free waffles that are "safe" for everyone to eat.

If you are interested in hosting a waffle party on May 24th, or would like to find a group, visit Waffleparty.com for more information and to let David know.

Also, please email your (vegan) waffle and topping recipe ideas to [alisa \(at\) godairyfree \(dot\) org](mailto:alisa(at)godairyfree(dot)org). Two weeks prior to the big event we will do a recipe round up to give everyone some great ideas for their waffle party "or simply to enjoy a nice brunch.

To get the recipes started, Hannah Kaminsky, author of the dessert cookbook *My Sweet Vegan*, has offered up her favorite basic waffle recipe: *Vegan Waffles* (originally posted by Hannah on her blog, *Bittersweet*)

Ingredients:

- 2 Cups AP Flour
- 1 Cup Whole Wheat Flour
- 2 1/2 Cups Soymilk
- 2 Tablespoons Canola Oil
- 1/4 Cup Brown Sugar
- 1 Teaspoon Baking Powder
- 1/4 Teaspoon Salt

"It's really a very simple procedure to make lovely, puffy waffles. Begin by heating up your waffle iron so it's ready to receive batter. Combine all the dry ingredients, and add in the wet. Stir to incorporate, but don't over do it - Lumpiness is just fine!

Once your iron is nice and hot, grease with cooking spray or margarine, and ladle a healthy portion of batter on top. It really depends on the size of your waffle iron, so don't be discouraged if your first couple are a little bit funny looking. Cook for about 4-6 minutes or so, and serve hot. If, however you'd like to save them for later like I do, allow them to cool for about 15 minutes on a wire rack. Wrap them up in a clean plastic bag, and just throw them in the freezer!

Again, depending on the size of your waffle iron, yeilds about 4 large waffles (Atleast for me.)

Photo credit: Hannah Kaminsky, Author of *My Sweet Vegan*