



# Gluten-Free Waffle Cones

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan  
By: Cuisine l'Angélique

YIELD : 6 CONES  
PREPARATION: 15 MINUTES

Requires an ice cream cone machine

## INGREDIENTS

- 5 ml (1 tsp) chia
- 60 ml (4 tbs) unsweetened applesauce
- 30 ml (2 tbs) water
- 140 g (1 cup) all-purpose flour "La Merveilleuse"
- 1 pinch of salt
- 60 g (1/4 cup) honey
- 55 g (1/4 cup) cane sugar
- 45 ml (3 tbs) coconut oil, melted
- 5 ml (1 tsp) vanilla extract

## PREPARATION

1. Preheat the cone machine to about 3 (may vary depending on the type of machine).
2. Grind the chia finely in a coffee grinder. In a large bowl, combine chia, applesauce and water. Let rest for 5 minutes.
3. In another bowl, combine flour and salt. Set aside.
4. After the rest time, add the honey, cane sugar, coconut oil and vanilla to the chia mixture. Beat with an electric mixer until smooth.
5. Then add the dry ingredients and beat, still with the electric mixer, until the mixture thickens (about a minute).
6. Place 45 ml (3 tablespoons) of the mixture in the centre of the machine and close. Bake for about three minutes, or until golden brown. I advise you to check your dough during cooking as the time may vary depending on the machine model you have.
7. Gently remove your wafer with a spatula and place on a dry cloth. Form your cone using the cone provided with the machine. Use a clean dishcloth to roll the wafer around the cone, because it's hot! Apply pressure for a few seconds to make sure the cone will keep its shape.
8. Allow to cool on a wire rack.



*I guarantee you: once you start making your own cones, you really get a taste for it!*

## VARIATION

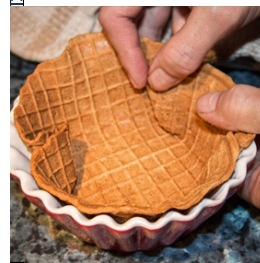
You can mould your wafer in the shape of a cone (B) or into a small bowl (C), so you'll have an "edible" bowl in which to serve your ice cream!



A



B



C

## NUTRITION FACTS

Per portion

200 Calories

Fat: 6 g	9 %
Saturated 4,5 g	
Trans 0,1 g	23 %
Polyunsaturated: 0,6 g	
Omega-6: 0,2 g	
Omega-3: 0,3 g	
Monounsaturated: 0,5 g	
Cholesterol: 0 mg	
Sodium: 3 mg	1 %
Carbohydrate: 36 g	12 %
Fibres: 1 g	4 %
Sugars: 18 g	
Protéines: 1 g	
Vitamin A	2 %
Vitamin C	2 %
Calcium	2 %
Iron	4 %
Magnesium	10 %
Manganese	30 %
Phosphorus	5 %
Thiamin	5 %
Vitamin B6	5 %
Zinc	5 %