

Savory Cabbage and Avocado Waffles



By: Dana Brandt-Tinker

INGREDIENTS

- 4 cups finely shredded cabbage
- 4 large eggs (preferably farm raised)
- ½ cup chopped green onions
- 1 tsp smoked sea salt flakes (I use Maldon brand)
- ½ tsp ground black pepper
- 1 TBSP Herb de Provence
- Avocado Mayonnaise
- Avocado Oil
- Thinly sliced avocado
- Parsley

DIRECTIONS

1. Heat up your waffle maker.
2. In a large bowl, combine the cabbage, eggs, green onions, salt, black pepper and Herb de Provence. Mix thoroughly.
3. Pour ½ teaspoon of avocado oil into each section of your preheated waffle maker.
4. Place ¼ cup of the batter into each section of your waffle maker. Spread batter out with a spatula.
5. Cook for 6-8 minutes until browned.
6. When waffles are done serve with the avocado mayonnaise, sliced avocado and parsley on top.