

Overnight Natural Yeast Waffles (LauraLivesTheGoodLife)

Overnight Sponge:

- 2 c. flour
- 2 T. sweetener (honey, sugar, etc)
- 2 c. buttermilk (can sub other milks)
- 1 c. bubbly natural yeast

Waffle (next morning):

- 2 large eggs
- ¼ c. avocado, butter, or coconut oil, melted

Overnight Sponge

- ¾ t. salt
- 1 t. baking soda

Directions:

1. To make the overnight sponge, combine ingredients in a large mixing bowl. Mix well to blend. Cover and let rest overnight at room temperature.
2. In a small bowl combine the eggs and oil. Add to the overnight sponge. Mix in the salt and baking soda, stirring well to combine. The batter will bubble. Pour the batter into a preheated waffle iron.