**Waffles**

Eggs 9

Vegetable juice 2 cups

Oil (Avocado) ¼ cup

Molasses ¼ cup

Vanilla A good squirt (1-2 Tbs.)

Ginger 1 tsp

Cinnamon 1 Tbs

Salt 1 tsp

Brewer’s yeast 1Tsp

Baking soda 1tsp

Whip all ingredients above together then add **2 cups of vegetable juice pulp to mixture.**

3 cups flour (Any type of flour)

Pre heat waffle iron and cook.

Whole food nutrition is more important than individual, isolated synthetic vitamins