

Whole-Soy Curl-Oat Recovery Waffles

High-protein vegan waffles using Butler Soy Curls in place of tofu

Yield 1 large batch	Key swap 2 cups dry Soy Curls (~80 g)	Rest batter 10-15 minutes
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Ingredients

- 4 cups rolled oats or oat flour
- 2 cups dry Butler Soy Curls (about 80 g), finely ground
- 1 1/2 cups warm water
- 2 cups unsweetened soy milk
- 4 Tbsp ground flaxseed
- 4 Tbsp ground chia seed
- 6 tsp baking powder
- 2 tsp cinnamon
- 4 tsp vanilla extract
- 1 tsp salt
- 1 ripe banana

Method

1. Grind the dry Soy Curls in a high-speed blender until they resemble a coarse-to-fine flour.
2. Add the warm water, soy milk, banana, and vanilla. Blend until very smooth and creamy.
3. Add oats, flax, chia, baking powder, cinnamon, and salt. Blend again until the batter is uniform.
4. Let the batter rest for 10-15 minutes so the oats, flax, and chia can hydrate.
5. Check consistency. The batter should be thick but pourable. If too thick, add 1/4 to 1/2 cup additional water or soy milk, a few tablespoons at a time.
6. Cook in a preheated waffle iron until browned and crisp. Cooking time will vary by machine.

Texture note: Soy Curls are more concentrated and fibrous than tofu, so this batter may thicken more as it rests. Adjust liquid gradually rather than changing the oats, flax, chia, or banana on the first batch.

Storage: Cool completely before refrigerating or freezing. Reheat in a toaster or air fryer for the best crispness.

Ingredient storage: Butler recommends keeping Soy Curls refrigerated or frozen for longer-term storage.

Approximate kitchen conversion: 80 g dry Soy Curls is about 2 cups loosely packed.