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3-Ingredient Chickpea Flour Waffles (V, GF, Grain-Free, Oil-Free Option)

Ad ends in 9

BY: Camilla

Grain-free waffles, made only 3 ingredients (chickpea flour, baking powder, & an optional source of oil, plus water and optional salt). They can be varied with spices, vanilla, or savory herbs for breakfast or a perfect quick bread!

PREP TIME:

2 minutes

COOK TIME:

5 minutes

TOTAL TIME:

7 minutes

SERVINGS:

6 big waffles

Ingredients

1X

2X

3X

- 1.5 cups chickpea flour
- Optional: 1/4 teaspoon salt
- 2 teaspoons baking powder, (certified GF, as needed)
- 1.33 cups water
- Optional: 2 tablespoons (30 mL) vegetable oil, (your choice of type; sub with more water for oil-free)

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COOK MODE Prevent your screen from going dark

Instructions

- 1 In a large bowl, whisk together the chickpea flour, baking powder and salt.
- 2 Add the water (and optional 2 tablespoons oil, or additional 2 tablespoons water), whisking until blended and smooth. Let stand for 10 minutes.
- 3 Preheat a standard waffle maker to medium-high heat.
- 4 Spray the plates of the waffle iron with nonstick cooking spray. (no need to do this if the waffle iron is nonstick). Ladle or pour Ad ends in 9 (about 1/2 cup / 118 mL) batter.
- 5 Cook the waffle according to waffle maker directions, until a light changes color). The waffles should be a deep golden color (adjust settings as needed).
- 6 Remove waffle and repeat with remaining batter.

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39 Comments

Andi And harold

[REPLY](#)

May 11, 2025 at 7:04 am



We absolutely need these waffles. They come out perfect. I ran out of chic pea flour and added some eikorn flour . Worked well. Thank you

Camilla

[REPLY](#)

May 11, 2025 at 9:24 am

Hi Andi and Harold,

What a greta save with the einkorn flour! So glad to hear these were a success 😊 Cheers.

Lena

[REPLY](#)

January 27, 2025 at 1:45 pm

Unfortunately this recipe did not work out. First off it only makes 2 regular sized Belgium waffles. Second , it is dry and not very Ad ends in 9 it's quick and simple but with a little more effort cou

Camilla

[REPLY](#)

January 30, 2025 at 6:35 pm

I'm sorry you did not like the recipe Lena. I have never made these in a Belgian waffle maker, but it sounds unusual that it only made 2 waffles (the recipes makes 3 cups of batter— that would be 1.5 cups batter per waffle). Yes, the recipes makes is intentionally basic, so that readers have flexibility to keep it simple, or follow any of the many suggestions for enriching or flavoring the batter, and/or adding nuts, dried fruit, chocolate chips, etc. it's up to you to decide.

Harry

[REPLY](#)

November 18, 2024 at 10:46 am



My go-to waffles! I use almond milk in place of the water and add tablespoon of coconut oil and a few drops of vanilla. Sometimes I add spices, too. They always come out perfect!

Camilla

[REPLY](#)

November 20, 2024 at 8:04 pm

I'm so glad to know this is a favorite, Harry. Your additions sound great 😊

Martha Vickery

[REPLY](#)

August 30, 2024 at 10:11 am

1.3 C water is way too much. It made a thin soupy batter. Please correct this recipe



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Camilla

[REPLY](#)

August 30, 2024 at 4:14 pm

Hi Martha,

I am sorry that you found the batter too soupy. Did you use it to make the waffles? Also, did you let the batter stand for 10 minutes (as noted in the recipe) before using? This batter is meant to be “soupy,” especially compared to traditional waffle batters. I make this all the time (for quick “breads,” for sandwiches) as well as breakfast—the 1 and 1/3 cups of water is the correct amount.

Zoey

[REPLY](#)

June 8, 2024 at 2:47 pm

I made these today to use as buns with Dr. Praegers veggie burgers. First batch stuck in my Dash waffle maker. I sprayed with non aerosol olive oil for the second batch and they came out easily. I added some garlic powder and Italian seasoning to the batter and they were good. We will try to use them to make mini pizzas in the air fryer next. I froze half the batch and will pop in the toaster to defrost. Thank you!

Camilla

[REPLY](#)

June 12, 2024 at 10:45 am

You are very welcome, Zoey!

Liz

[REPLY](#)

February 25, 2024 at 10:25 am

Unfortunately, when I followed the recipe, the “batter” came out like play sand. I added the optional oil. No luck. I added more ^(x)water. It just became fluffier play sand. There was no way it would “pour”
Ad ends in 9
waffle maker.

I gave up, rolled it out about 1/3” thick and am currently baking it at 400 degrees to avoid wasting the expensive flour. Will see what happens.

Camilla

[REPLY](#)

February 25, 2024 at 12:09 pm

Hi Liz,

I'm so sorry the waffles did not work out. It sounds like there was a measurement issue along the way. Did you weigh the flour? 1.5 cups of chickpea flour mixed with 1.33 cups liquid definitely forms a batter, not a wet sand consistency. I hope you do giving them another try. Cheers.

Sarah B

[REPLY](#)

December 3, 2024 at 12:12 pm

Hi,

I'm having the same problem and definitely measured with dry measuring cups for the flour then pyrex measuring glass for the liquid. I wonder if it's a different type of chickpea flour? Very thick batter , wish I could send a photo. Weird

Camilla

[REPLY](#)

December 3, 2024 at 1:07 pm

hi Sarah,

I'm so sorry the batter is too thick. No, it is not the type of chickpea flour. It is almost certainly that there was too much flour. If using dry cups to measure chickpea flour, you need to use the same method as for measuring other flours: very lightly spoon the flour into the dry measuring cup and then slide a knife along the top to level it. Otherwise, the flour can add a LOT of extra flour (e.g., or have up to 1/3 cup of extra flour). The ratio of liquid to flour in this waffle recipe is only slightly different from a socca batter (chickpea flour flatbread, which is a thin batter. That is a 1:1 ratio). Here the water is slightly less than an

equal amount of flour (1.5 to 1.33). It will be medium thin thickness of batter. But too much flour will definitely throw things off. If it happens again, you can always add a little bit more water to achieve a medium-thin consistency (and add a pinch more baking powder). Cheers.

Jemma

[REPLY](#)

February 20, 2024 at 5:45 am

So easy and good! I made a double batch and froze many of them — they froze well!

Lydia

[REPLY](#)

July 2, 2023 at 9:05 am

Who would have thought this was possible from ground up chickpeas?! I added vanilla and a few inches of cardamom and ground ginger, served with maple syrup, blueberries and bananas. Heaven!

Sharmin

[REPLY](#)

May 31, 2024 at 4:57 pm



Made these.. so simple! Turned out well!! I definitely love when I can make a delicious recipe with a few simple ingredients.. ❤️:)



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Camilla

[REPLY](#)

June 8, 2024 at 8:55 am

I am so glad you like them, Sharmin!

Amanda

[REPLY](#)

May 17, 2023 at 6:18 am

Hello! I can't find notes on the about of mini chocolate chips I should add.

Camilla

[REPLY](#)

May 17, 2023 at 10:51 am

Sorry about that Amanda, They seemed to have disappeared into the ether! I have added the notes back, in the rice card and in the post itself. Thanks for letting me know this was missing!

Melissa

[REPLY](#)

April 29, 2023 at 10:40 am

I made these waffles this morning for my husband, who has blood sugar issues, and they were delicious. Very nice recipe. Thank you.

Camilla

[REPLY](#)

April 30, 2023 at 9:16 am

So glad you and your husband like them, Melissa!

Beth

[REPLY](#)

January 9, 2023 at 10:00 am

Wonderful waffles! very tasty. I cut the recipe in 1/3 for just me. I have a Dash wafflemaker – 4.5 minutes was a good time.



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I've been looking for recipes that my boyfriend and I diabetic and I follow a low oxalate diet (for kidney st is one of two flours that are good for both of us. (He can't use syrup, but that is another issue)

I used Bob Red Mill Chickpea Flour which is tested at 4.55 mg oxalate per 1/2 cup which is LOW!! Thank you, I had two lovely waffles that were actually good for me.

I will certainly be looking at other recipes of yours.

Thank you

Camilla

[REPLY](#)

January 15, 2023 at 3:36 pm

I am thrilled that these were such a success for you and your boyfriend, Beth! I have a host of other chickpea flour recipes, I hope that more will work for you two 😊

Dee

[REPLY](#)

March 22, 2022 at 12:23 pm

Great and SIMPLE recipe. Thank You. I let it sit for 15 minutes and I thought the batter was going to be too runny, but I trusted the recipe and it came out perfect. Thank you! They're perfect for my toddler's wheat sensitivity. Thanks again for a great simple and nutritious recipe. I will definitely try more of your recipes. God Bless.

Camilla

[REPLY](#)

May 2, 2022 at 11:32 am

I am so glad you enjoyed these, Dee!



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Shel

[REPLY](#)

January 22, 2022 at 12:04 am

Hi, may I ask if there is any alternative to using baking powder, such as Vitamin C powder, or whisking the batter? I can't eat bicarbonate of soda and I know

that's an ingredient in baking soda. I'd love to try baking these waffles and all your delicious breads!

Camilla

[REPLY](#)

January 22, 2022 at 8:45 am

Hi Shel! That must be such a challenge. Vitamin C does not work as a leavener. Can you eat yeast? Instant yeast could be a good alternative. Whipped aquafaba (whipped chickpea liquid. I do not have a recipe but it is easy, you can google it) could work well (I am assuming you cannot eat eggs/ are vegan. But if not, eggs are an option, too). I wish I could be more of a help!

Anne

[REPLY](#)

January 7, 2023 at 12:48 pm

Would a flax egg work (1 T ground flaxseed and 3 T water)?

Danielle

[REPLY](#)

February 14, 2021 at 1:23 pm

I like to have a little sweetener in my waffles. What kind would you recommend and how much? Looking forward to trying these!

Camilla

[REPLY](#)

January 22, 2022 at 8:47 am

Hi Danielle! Just about any sweetener you like, but my preferences are coconut sugar or maple syrup. Just a few teaspoons should be just right . A bit of vanilla (1/2 to 1 teaspoon) is great, too 😊

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Didina

[REPLY](#)

March 4, 2020 at 10:15 am

Thank you for the recipe, they were simple and good. The only problem is, it was quite difficult to remove the waffles from the waffle maker, they tended to stick to the iron. I used 2 tablespoons of oil as per the recipe and lightly oiled the waffle irons before making the waffles, and I still had some trouble. But they were still good.

Camilla

[REPLY](#)

March 5, 2020 at 12:00 pm

So sorry to hear you had sticking problems, Didina. Glad they still came out ok/

stephanie

[REPLY](#)

February 1, 2018 at 2:09 pm

Thanks for this recipe! Made them this morning as pancakes. Added a few mashed chickpeas too. They were great!

Camilla

[REPLY](#)

February 5, 2018 at 9:09 am

That sounds great, Stephanie! I am a chunky bits kind of person (e.g., love chunky nut butters), so I love the idea of adding some mashed up chickpeas



Ameena



[REPLY](#)

January 31, 2018 at 4:55 pm

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Hi Camilla, This recipe looks delicious! However, I oft chickpea flour, my foods end up with a funny flavor. , alot.

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Camilla

REPLY

February 5, 2018 at 9:14 am

Hi Ameena! Chickpea flour does have a flavor, so it can change the flavor of some traditional sweet recipes; it really depends on the recipe. I know, vague answer, annoying! But...it can also have a completely neutral flavor, especially in savory recipes and in sweet recipes with strong flavors (e.g., great with cocoa powder, bold spices). Even though it is the star in this waffle recipe, with no added flavors, I find it to be remarkably neutral, slightly nutty from the waffle iron toasting. Hope this helps!

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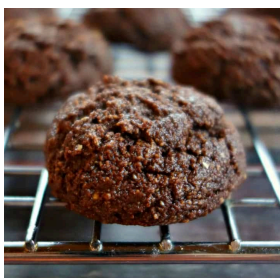


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AS SEEN IN



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