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Oat Waffles

(For 4 - 6 Servings)

Preparation time: 10 min

Cooking time: 20 min

Total time: 30 min

Difficulty: easy

Ingredients:

1-1/2 cups all-purpose flour
1 cup quick cooking oats
3 teaspoons baking powder
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
2 large eggs; lightly beaten
1-1/2 cups whole milk
6 tablespoons butter; melted
2 tablespoons brown sugar
1 cup vanilla Greek yogurt
1/2 cup fresh blueberries
1/4 cup pomegranate seeds
1/2 cup fresh strawberries; halved

Directions:

1. In a large bowl, combine flour, oats, baking powder, cinnamon and salt; set aside. In a small bowl, whisk eggs, milk, butter and brown sugar. Add to flour mixture; stir until incorporated.
2. Pour batter into a lightly greased waffle iron and cook according to manufacturer's directions.
3. To serve, top with yogurt and fresh fruit.



Suitability for certain nutrition types, diets and intolerances:

Suitable for the following nutrition types:

- ✓ Low Carb
- ✓ Ovo-Lacto-Vegetarian
- ✓ Pescetarian
- ✓ Vegetarian

Suitable for the following intolerances:

- ✓ Crustaceans
- ✓ Celery
- ✓ Mustard
- ✓ Sesame
- ✓ Molluscs

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