

Whole Wheat Waffles

Ingredients:

- 1.5 cups whole milk
- 1/3 cup butter, melted
- 1 x large egg
- 1 x teaspoon vanilla extract
- 2 x tablespoons pure maple syrup
- 1.5 cups whole wheat flour
- 2 x teaspoons baking powder
- ¼ teaspoon salt

Instructions:

1. Plug in Waffle iron to preheat
2. In a large mixing bowl, whisk together milk, egg, vanilla extract, maple syrup and melted butter
3. In a separate mixing bowl, stir together flour, baking powder and salt
4. Place the dry ingredients into the wet ingredients, and stir until just combined. Some lumps are ok!
5. Pour batter into the waffle iron, ½ a cup at a time and cook until golden brown and crispy
6. Cool waffles completely before storing in freezer bags in the fridge or freezer



Hints: add and make a sandwich

Cottage Cheese, raisins and cinnamon

Banana Slices

Ham & Cheese

Egg & Spinach

Strawberries

Carrot Muffins (Allergy Friendly)

Ingredients:

- 3 x cups gluten free self-raising flour
- 1 x cup rice bran or quinoa flakes
- ½ sugar
- 2 x teaspoons cinnamon
- 6 carrots grated (360g)
- 2 apples grated (300g)
- 4 x teaspoons egg replacer
- 160 mls water
- 2 x cups rice milk
- ½ cup canola oil
- 2 x teaspoons pure vanilla essence

Instructions:

- Preheat oven to 200 Celsius. Lightly grease muffin trays or line with paper cases
- Combine flour and rice bran or quinoa flakes with sugar and cinnamon in a bowl. Stir in grated carrot and apple.
- Mix egg replacer with water. Add rice milk, oil and vanilla essence
- Add egg replacer and milk mixture to flour and sugar mixture and mix until just combined. Do not over mix or the muffins will be tough.
- Spoon mixture evenly into muffin trays or cases
- Bake for 20 to 25 minutes until cooked and brown on top

