

COOKBOOK

WAFFLE MAKER

HOLSTEIN
HOUSEWARES



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MENU

1. Cauliflower cheese **waffles**
2. **Broccoli waffles** with cheese and coconut flour
3. **Chocolate waffles** with whipped cream
4. **Waffles** with tuna and chives
5. Banana **waffles**
5. **Waffles** with agave syrup
7. Carrot **waffles**
8. Bacon & egg **waffle sandwich**



CAULIFLOWER CHEESE WAFFLES

INGREDIENTS

- 1 cup of almond flour
- 1 cup of milk
- 5oz of shredded mozzarella cheese
- ½ cup of chopped cauliflower
- Salt



PREPARATION



4 Servings



7 - 10 Minutes

1. In a bowl place the almond flour and add the milk.
2. Add cheese and fold in the mix.
3. Add the cauliflower and salt and stir until combined.
4. Pour the mix into your personal waffle maker and bake for 6-8 minutes or until fully cooked.



BROCCOLI WAFFLES WITH CHEESE AND COCONUT FLOUR

INGREDIENTS

- 1 cup of coconut flour
- 1 cup of cooked chopped broccoli
- 5oz of mozzarella cheese
- 1 egg
- Salt



PREPARATION



4 Servings



7 - 10 Minutes

1. In a pot with boiling water submerge the broccoli for approx. 10-15 minutes over high heat.
2. Remove the broccoli from the water, let it cool, and chop.
3. In a bowl mix the coconut flour, cheese, egg, salt, and broccoli.
4. Pour mix into the personal waffle maker. Bake in the waffle maker for 4-5 minutes.
5. Let each waffle sit for 1-2 minutes on a rack.
6. Enjoy as is or dip into your favorite dressing!



CHOCOLATE WAFFLES WITH WHIPPED CREAM

INGREDIENTS

- ½ cup of waffle mix
- ½ cup of milk
- 1 tablespoon of cocoa powder
- 1 tablespoon of honey
- Whipped cream



PREPARATION



3 Servings



6 - 8 Minutes

1. In a bowl add the waffle mix
2. Add to the mix: milk, cocoa, and honey and mix until combined
3. Pour the mix into the personal waffle maker, baking for 6-8 minutes.
4. Top the waffles with whipped cream and add chocolate chips or cocoa nibs for texture.



WAFFLES WITH TUNA AND CHIVES

INGREDIENTS

- ½ cup of oatmeal flakes
- 1 cup and 1/3 of tuna loins
- ½ teaspoon of salt
- 1 tablespoon of olive oil
- 1/3 cup of chopped chives
- 1 egg



PREPARATION



3 Servings



6 - 8 Minutes

1. In a bowl add and mix the oatmeal flakes, egg, and tuna loins.
2. Chop the chives and add them to the mix.
3. Add salt and olive oil.
4. Pour the mix into your personal waffle maker. Bake for 6-8 minutes.
5. Enjoy as is or dip into your favorite dressing!



BANANA WAFFLES

INGREDIENTS

- ½ cup of almond flour
- 1 banana
- ½ cup of grated mozzarella cheese
- 1 teaspoon of vanilla
- 1 egg



PREPARATION



3 Servings



6 - 8 Minutes

1. Mash the banana in a bowl.
2. Fold in the cheese.
3. First mix the dry ingredients, add the liquids and stir until combined.
4. Pour the mix into your personal waffle maker. Bake for 6-8 minutes.



WAFFLES WITH AGAVE SYRUP

INGREDIENTS

- ½ cup of coconut flour
- 1 banana
- ¼ cup of agave syrup
- 1 egg
- Seasonal fruits



PREPARATION



3 Servings



6 - 8 Minutes

1. Mash the banana in a bowl.
2. Add half the amount of the agave syrup.
3. Mix all the ingredients excluding the seasonal fruits.
4. Add the mix to your personal waffle maker. Bake for 6-8 minutes.
5. Garnish your waffles with seasonal fruit chopped into small pieces.
6. Add the rest of the agave syrup over the waffles.



CARROT WAFFLES

INGREDIENTS

- 1 cup of waffle mix
- 1 cup of milk
- 1 grated carrot
- 5oz of shredded mozzarella cheese
- 1 egg
- 4oz of walnuts
- 2oz of Greek yogurt
- Honey



PREPARATION



4 Servings



6 - 8 Minutes

1. In a bowl put the waffle mix and add the milk.
2. Add the honey, and the egg and stir until combined.
3. Fold in the carrots and cheese.
4. Put the mix into the mini waffle maker. Bake for 6-8 minutes.
5. Enjoy with Greek yogurt and nuts.



BACON & EGG WAFFLE SANDWICH

INGREDIENTS

- 1 cup of waffle mix
- 1 cup of milk
- A pinch of black pepper
- 1 tablespoon of honey
- 2 tablespoons of cream cheese
- 2 eggs
- 5oz of bacon



PREPARATION



2 Servings



6 - 8 Minutes

1. In a bowl add the waffle mix and the milk, and stir until combined.
2. Pour the mix into the personal waffle maker and bake for 6-8 minutes.
3. Fry each egg separately.
4. Take the fried egg and place it on the waffle.
5. Cook the bacon in a hot skillet and when it is ready place it over the egg.
6. For the dressing, mix the cream cheese, honey and pepper. Spread it over one side of each waffle. Then assemble the delicious sandwich.



The best MEMORIES start in the KITCHEN!
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