

# **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



# **WAFFLES**

#### **INGREDIENTS**

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









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.





#### **INGREDIENTS**

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









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









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
- -1egg









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
- -1egg





# **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
- -1egg
- Seasonal fruits









3 Servings

6 - 8 Minutes

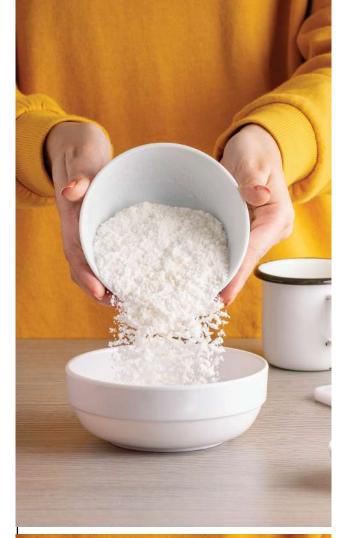
- 1. Mash the banana in a bowl.
- 2. Add half the amount of the agave syrup.
- 3. Mix all the ingredients excluding the seasonal fruits.
- 4. Add the mix to your personal waffle maker. Bake for 6-8 minutes.
- 5. Garnish your waffles with seasonal fruit chopped into small pieces.
- 6. Add the rest of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





#### **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









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









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.





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