

Recipe: Golden Waffles

Dessert

Easy golden waffles with a wholegrain twist.

Preparation time: 10 minutes

Cooking time: 50 minutes

Serves 10 children



Ingredients A:

- 2 egg yolks
- 1 cup of low fat milk*
- 260g wholemeal flour*
- 2 tablespoons canola oil*
- 2 teaspoons baking soda
- 1 teaspoon corn starch (optional)

Ingredients B:

- 2 egg whites
- 150g brown sugar



* Choose products with the Healthier Choice Symbol

Nutrition Information
(Per serving): 80 g
Energy 200.9 kcal
Protein 5.1 g
Total fat 4.9 g
 Saturated fat 0.8 g
Carbohydrates 32.5 g
 Total sugar 15.3 g
Dietary fibre 2.9 g
Sodium 300.1 mg

Methods

1. Preheat waffle iron and lightly grease.
2. Mix ingredients A with a large spoon in a medium bowl until the batter is well combined.
3. Beat ingredients B until you get very stiff peaks, and fold gently into the batter.
4. Pour batter into waffle iron, close lid and bake until steaming stops.
5. Repeat with the remaining batter and serve hot.

Assembly

6. Use a flower shape cookie cutter to cut the kiwi slices to make the flower shape.
7. To make a cute face, use blue berries as the eyes and 1 slice of kiwi as the nose.
8. Arrange 3 strips of green apples on either side as the whiskers and 1 table spoon of chopped strawberry as the mouth.

Cost Per Serving: \$0.35

Tips:

- Beating the egg whites and sugar into very stiff peaks brings a lot of air into your final waffle batter, ensuring a tender fluffiness beneath the crisp.
- It is recommended to add a little corn starch as it will help to prevent the waffles from getting soggy while you are preparing the rest of them.