

THE HEALTH BOOST

happy healthy living

Blueberry & beetroot waffle



"Not another waffle recipe!" said no-one ever! Eat the rainbow is our motto at The Health Boost, so once again, here's to colourful, creative, nutrient dense and delicious food! This waffle is as pleasing to the eye as it is balanced and satisfying on a hungry morning! You can even make it the night before and slide in the toaster in the morning.

INGREDIENTS

Makes 4 waffles

150g of oat flour (simply make your own by blending good quality oats)

1 teaspoon baking powder

3 tablespoons of butter, melted and cooled (or coconut oil)

1 large eggs

125ml almond milk (or preferred alternative)

125g blueberries

1 tablespoon of concentrated beetroot juice (I use BeetActive, available from Ocado)

1 teaspoon vanilla extract

Coconut oil to grease

METHOD

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Prep time: 20mins

Cooking time: 10mins

- In a blender, add the blueberries, vanilla, concentrated beetroot juice and almond milk and blitz.
- In a large mixing bowl, add the oatmeal, baking powder, melted butter and eggs and stir
- Add the blended ingredients to the bowl and combine well
- Grease the waffle maker's plates according to manufacturer's instructions and heat up.
- When ready, add about 1/2 cup of the purple batter to the plate(s) and gently close the waffle maker.
- Cook for about 10mins or until waffles appear a little crispy.
- Repeat with remaining batter.

THE HEALTH BOOST TIP!

Waffles are so much fun and always sound like such a treat. These waffles have a nice sweetness to them and are full of goodness. Berries are a great colourful addition for breakfast, and using oatmeal means you're pretty much having porridge in the shape of a waffle! Add a large spoonful of greek yoghurt for protein, a sprinkle of nuts and/or seeds and you'll be set for an active morning.

Kids love waffles and they make a great handy snack for school pick up!

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These waffles will keep in the fridge for the next day, can also be frozen, and crisped up in a toaster.

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