

THE HEALTH BOOST

happy healthy living

Lemon & Poppy seed waffles



Since getting my waffle maker at Christmas, we have had lots of fun with it. The kids keep coming up with some of their favourite flavours and I experiment with lots of different flours or starch in order to offer good nutritional value as well as fun. As always, no refined sugars, gluten free and easily dairy free if you choose so. This winning lemon and poppy seed combo worked beautifully, especially when served warmed with Greek yoghurt, fresh blueberries and a drizzle of honey!

INGREDIENTS

Makes 6 waffles

150g buckwheat flour (naturally gluten free)

50g almond flour

1 teaspoon baking powder

Pinch of salt

2 eggs

1 tablespoon honey

300ml milk of choice

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

1 lemon (we will use juice and zest)

1 tablespoon poppy seeds

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METHOD

Prep time: 15 mins

Cooking time: 8-10 mins

- In a large mixing bowl, add the buckwheat flour, almond flour, salt and baking powder, and mix well.
- In a separate mixing bowl, add the milk, eggs, honey, coconut oil and lemon juice and combine well.
- Make a well in the dry ingredient mix, add the wet mixture and combine until smooth.
- Add the lemon zest and poppy seeds and mix well.
- Grease the waffle maker's plates according to manufacturer's instructions and heat up.
- When ready, add a ladle of batter to the plate(s) and gently close the waffle maker.
- Cook for about 8-10mins or until waffles appear a little crispy.
- Repeat with remaining batter.

THE HEALTH BOOST TIP!

This recipe uses sprouted whole buckwheat flour from Rude Health. Buckwheat flour is a high fibre, high protein alternative to white flour. It is also higher in many essential vitamins and minerals than white flour.

These waffles keep really well for a couple of days.

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