



Cappuccino Waffle Mix With Coffee Syrup

READY IN



45 min.

SERVINGS



8

CALORIES



124 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon cinnamon
- ☐ 8 servings coffee syrup
- ☐ 1.3 cup flour all-purpose
- ☐ 2 tablespoons coffee granules instant
- ☐ 0.3 cup powdered non-dairy creamer
- ☐ 0.3 cup powdered milk
- ☐ 0.5 teaspoon salt

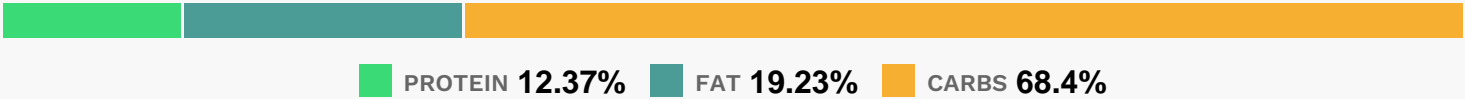
Equipment

- ☐ bowl
- ☐ oven
- ☐ mixing bowl
- ☐ blender
- ☐ hand mixer
- ☐ waffle iron

Directions

- ☐ Combine first 5 ingredients in a medium bowl.
- ☐ Combine coffee granules and cinnamon in a small bowl. Spoon half of flour mixture into a pint-size jar.
- ☐ Layer coffee mixture over flour mixture. Spoon remaining flour mixture over coffee mixture. Seal container. Give with Coffee Syrup and attach instructions. Instructions: Beat 1/2 cup softened butter, one cup sugar and 1 1/2 teaspoons vanilla extract at medium speed with an electric mixer until creamy. Gradually blend butter mixture into waffle mix with a pastry blender or 2 forks until crumbly.
- ☐ Place mixture in a mixing bowl; add 3/4 cup water and 2 eggs, stirring until just combined.
- ☐ Bake according to waffle iron manufacturer's directions.
- ☐ Serve with warm Coffee Syrup.

Nutrition Facts



Properties

Glycemic Index:39.63, Glycemic Load:13.35, Inflammation Score:-2, Nutrition Score:5.0473912811798%

Nutrients (% of daily need)

Calories: 123.82kcal (6.19%), Fat: 2.63g (4.05%), Saturated Fat: 1.12g (7%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 20.44g (7.43%), Sugar: 3.71g (4.12%), Cholesterol: 5.17mg (1.72%), Sodium: 278.99mg (12.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 39.25mg (13.08%), Protein: 3.81g (7.62%), Vitamin B1: 0.18mg

(11.92%), Selenium: 8.21µg (11.73%), Calcium: 114.59mg (11.46%), Folate: 40.11µg (10.03%), Vitamin B2: 0.17mg (9.88%), Phosphorus: 96.1mg (9.61%), Manganese: 0.19mg (9.4%), Vitamin B3: 1.62mg (8.09%), Iron: 1.17mg (6.51%), Potassium: 157.62mg (4.5%), Vitamin D: 0.56µg (3.73%), Magnesium: 13.59mg (3.4%), Vitamin B12: 0.17µg (2.89%), Fiber: 0.63g (2.52%), Zinc: 0.33mg (2.23%), Vitamin B5: 0.21mg (2.14%), Copper: 0.04mg (1.85%), Vitamin B6: 0.03mg (1.29%), Vitamin A: 51.68IU (1.03%)