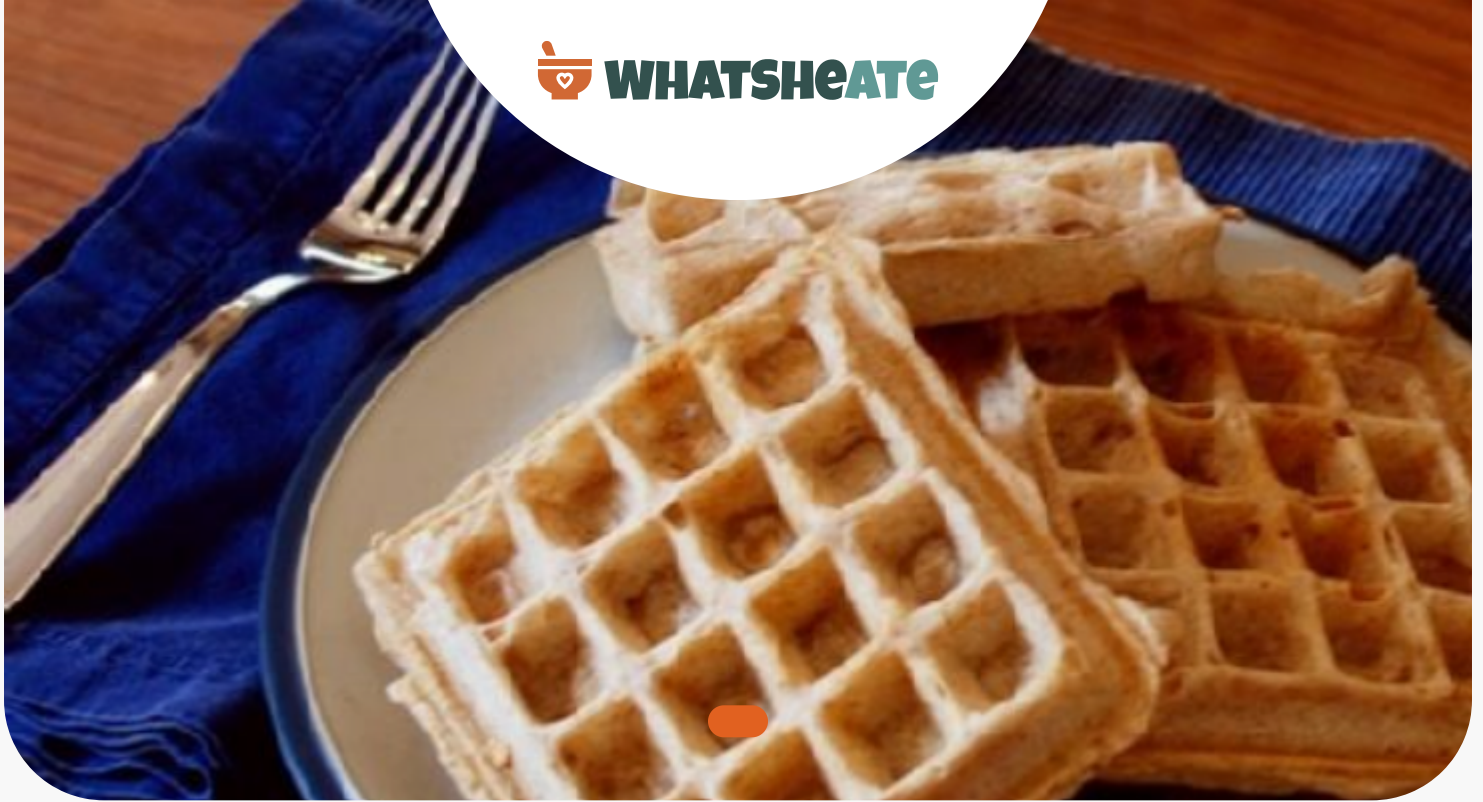




Healthy Morning Waffles

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



295 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 cup canola oil
- ☐ 1.3 cups coconut milk beverage plain
- ☐ 0.3 cup dairy-free yogurt plain
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 1 cup flour whole wheat

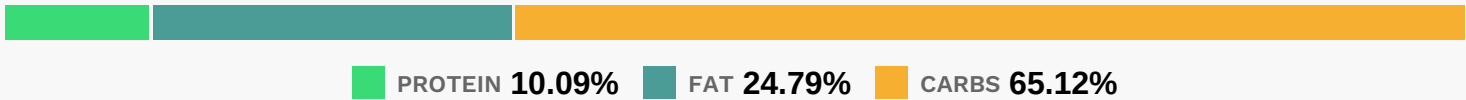
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ spatula
- ☐ waffle iron

Directions

- ☐ Preheat waffle iron.In medium bowl, whisk together flours, baking powder and salt.In another medium bowl, whisk together milk, yogurt and oil.Make a well in the dry ingredients and pour in the wet ingredients.Stir with spatula until just combined and slightly lumpy.Spray waffle iron with cooking spray.
- ☐ Pour into waffle iron as directed and bake until golden brown.Enjoy with pure maple syrup or a dollop of dairy-free yogurt and fresh berries.

Nutrition Facts



Properties

Glycemic Index:50.1, Glycemic Load:18.16, Inflammation Score:-6, Nutrition Score:19.902173902677%

Nutrients (% of daily need)

Calories: 294.99kcal (14.75%), Fat: 8.33g (12.81%), Saturated Fat: 1.84g (11.53%), Carbohydrates: 49.23g (16.41%), Net Carbohydrates: 44.81g (16.3%), Sugar: 2.73g (3.03%), Cholesterol: 0mg (0%), Sodium: 471.94mg (20.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.25%), Vitamin D: 37.05µg (247.01%), Manganese: 1.43mg (71.7%), Selenium: 29.48µg (42.11%), Vitamin B1: 0.41mg (27%), Calcium: 242.59mg (24.26%), Phosphorus: 206.58mg (20.66%), Folate: 82.48µg (20.62%), Vitamin B3: 3.82mg (19.09%), Vitamin B12: 1.08µg (18.02%), Fiber: 4.42g (17.68%), Iron: 2.93mg (16.3%), Magnesium: 61.06mg (15.27%), Vitamin B2: 0.23mg (13.72%), Vitamin E: 1.58mg (10.56%), Copper: 0.19mg (9.33%), Vitamin B6: 0.17mg (8.51%), Zinc: 1.22mg (8.13%), Potassium: 163.89mg (4.68%), Vitamin K: 4.66µg (4.43%), Vitamin B5: 0.32mg (3.18%), Vitamin C: 1.06mg (1.29%), Vitamin A: 60.67IU (1.21%)