

BREAKFAST

Lemon-Almond Waffles

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
45 min	10 min	35 min	10	\$0.87	339 kcal



Lemon-Almond Waffles might be just the breakfast you are searching for. One serving contains 339 calories, 5g of protein, and 17g of fat. This recipe serves 10. For 87 cents per serving, this recipe covers 5% of your daily requirements of vitamins and minerals. This recipe from Foodnetwork has 377 f...

Ingredients

- ☐ ¼ teaspoon pure almond extract
- ☐ 2 cups unsweetened vanilla-flavored almond milk
- ☐ ¾ cup mini chocolate chips, optional
- ☐ 1½ cups all-purpose flour
- ☐ 2 tablespoons fresh lemon juice
- ☐ ¼ teaspoon fine sea salt
- ☐ 1 stick unsalted butter, melted
- ☐ ½ cup almond flour
- ☐ 2 teaspoons baking powder
- ☐ 2 large eggs, separated, at room temperature
- ☐ ½ cup honey
- ☐ 1 Zest of lemon
- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon pure vanilla extract

Method

- 1 Watch how to make this recipe.
- 2 Special equipment: an electric waffle maker
- 3 Preheat the waffle maker. Lightly spray the waffle grills with vegetable oil cooking spray.
- 4 Heat the honey, lemon juice and lemon zest over medium heat in a small saucepan, stirring occasionally, until warm, about 4 minutes.
- 5 For the waffles: Beat the egg whites until they are thick and hold soft peaks using a whisk or an electric hand mixer in a medium bowl, about 2 minutes.
- 6 Combine the egg yolks, milk, sugar, vanilla extract, almond extract and lemon zest in a large bowl. Beat until smooth.
- 7 Add the all-purpose flour, almond flour, baking powder and salt.
- 8 Mix until smooth.
- 9 Fold the egg whites, butter and chocolate chips if using into the batter. Using the amount recommended by the waffle iron manufacturer's instructions, about 1/3 cup of batter for each waffle, pour the batter into the preheated waffle iron. Cook the waffles until golden brown, 3 to 4 minutes.
- 10 Drizzle with lemon honey and serve.

Nutrition per serving

	339 KCAL	5 g PROTEIN	17 g FAT	43 g CARBS
Saturated Fat				8.3 g · 52% of daily needs
Fibre				1.7 g · 7% of daily needs
Sugar				26.5 g · 29% of daily needs
Sodium				234 mg · 10% of daily needs
Cholesterol				63.5 mg · 21% of daily needs
Vitamin C				2.1 mg · 3% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/lemon-almond-waffles-148213