

BREAKFAST

Lemon and Walnut Waffles

6 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
60 min	15 min	45 min	16	\$1.03	420 kcal

If you have around 1 hour to spend in the kitchen, Lemon and Walnut Waffles might be a great lacto ovo vegetarian recipe to try. One portion of this dish contains roughly 8g of protein, 24g of fat, and a total of 420 calories.

Ingredients

☐ 1 tablespoon baking powder	☐ 6 eggs, separated
☐ 4 cups all-purpose flour	☐ 1 teaspoon lemon extract
☐ 1 lemon, zested	☐ 16 servings Maple syrup, for serving
☐ 3½ cups milk	☐ 16 servings Oil, for waffle iron
☐ 1 teaspoon salt	☐ ¼ cup sugar, divided
☐ ½ cup vegetable oil	☐ 1 cup chopped walnuts

EQUIPMENT Bowl, Oven, Whisk, Wooden spoon, Stand mixer, Waffle iron

Method

- 1 Special equipment: A waffle iron
- 2 Preheat the oven to 225 degrees F.
- 3 In a large bowl sift to combine the flour, baking powder, 2 tablespoons of the sugar and salt. In small bowl whisk the egg yolks until smooth, then add the milk, vegetable oil, lemon extract, and lemon zest. Make a well in the center of the dry ingredients.

- 4 Pour in the liquid ingredients and gently stir the batter, with a wooden spoon, until just combined. Be careful not to overmix. You can use a hand beater or a stand mixer on low speed, if desired.
- 5 In a very clean bowl, whisk the egg whites until foamy.
- 6 Add the remaining sugar and beat until soft peaks form. Gently fold the whites into the batter.
- 7 Pour about 1/4 cup to 1/2 cup batter into an oiled waffle iron, sprinkle with walnuts, then close the iron. Cook until golden brown, about 5 minutes, depending on waffle iron settings.
- 8 Transfer to a serving platter and keep warm in a low oven. Repeat with remaining batter.
- 9 Serve warm with maple syrup.

Nutrition per serving

420	8 g	24 g	44 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			3.2 g · 20% of daily needs
Fibre			1.4 g · 6% of daily needs
Sugar			18 g · 20% of daily needs
Sodium			271 mg · 12% of daily needs
Cholesterol			67.8 mg · 23% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/lemon-and-walnut-waffles-148465