

BREAKFAST

Spelt Waffles

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
45 min	15 min	30 min	8	\$0.89	326 kcal



Need a dairy free and lacto ovo vegetarian breakfast? Spelt Waffles could be an excellent recipe to try. This recipe makes 8 servings with 326 calories, 7g of protein, and 21g of fat each. For 89 cents per serving, this recipe covers 8% of your daily requirements of vitamins and minerals.

Ingredients

- | | |
|--|---|
| ☐ 2 tablespoons apple cider vinegar | ☐ 4 teaspoons baking powder |
| ☐ 2 teaspoons baking soda | ☐ 1¾ cups coconut milk |
| ☐ ¼ cup coconut oil, melted | ☐ 2 eggs, beaten |
| ☐ ¼ cup flax seed meal | ☐ 1 tablespoon ground cinnamon |
| ☐ 1 teaspoon Himalayan salt | ☐ 2 cups spelt flour |
| ☐ 1 tablespoon vanilla extract | |

EQUIPMENT Bowl, Waffle iron

Method

- 1

Preheat and grease a waffle iron according to manufacturer's instructions.
- 2

Combine spelt flour, flax seed meal, baking powder, cinnamon, baking soda, and salt together in a bowl. Stir coconut milk, coconut oil, eggs, vinegar, and vanilla extract together in a separate bowl.
- 3

Add coconut milk mixture to flour mixture; stir to combine.
- 4

Let batter thicken for 1 to 2 minutes.
- 5

Pour about 1 cup batter into waffle iron. Cook until golden and crisp, about 6 minutes. Repeat with remaining batter.

Nutrition per serving			
	326	7 g	21 g
	KCAL	PROTEIN	FAT
Saturated Fat			15.5 g · 97% of daily needs
Fibre			5.9 g · 24% of daily needs
Sugar			0.4 g · 0% of daily needs
Sodium			801 mg · 35% of daily needs
Cholesterol			40.9 mg · 14% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/spelt-waffles-147738