



WHATSheATE



## Vegan Blueberry Oats Waffles



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



219 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients



1 cup all purpose flour



2 cups vanilla almond milk



1 teaspoon apple cider vinegar



1 tablespoon double-acting baking powder



0.8 cup blueberries fresh



0.3 cup coconut oil



1 tablespoon cornstarch



0.5 teaspoon ground cinnamon

- ☐ 2 tablespoons maple syrup
- ☐ 0.5 cup cooking oats quick
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water
- ☐ 1 cup flour whole wheat

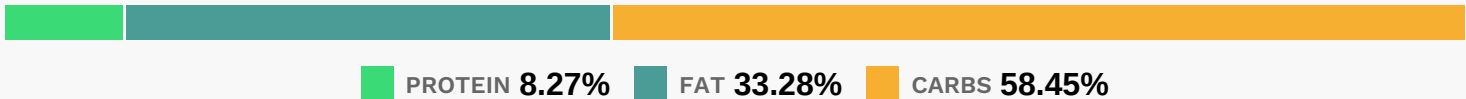
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ waffle iron

## Directions

- ☐ In a large bowl whisk together all the dry ingredients except the blueberries. In another medium size bowl stir together the milk and vinegar and set it aside for 5 minutes. Then add rest of the wet ingredients too. Fold in the blueberries.
- ☐ Pour the wet ingredients into the dry mix and stir together until well combined.
- ☐ Let the batter stand for about 10 minutes. Grease the waffle iron with non-stick cooking spray and prepare waffles as per the instructions in your waffle manual.

## Nutrition Facts



## Properties

Glycemic Index:46.94, Glycemic Load:12.86, Inflammation Score:-3, Nutrition Score:9.261739147746%

## Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Petunidin: 4.37mg, Petunidin: 4.37mg, Petunidin: 4.37mg, Petunidin: 4.37mg Delphinidin: 4.92mg, Delphinidin: 4.92mg, Delphinidin: 4.92mg, Delphinidin: 4.92mg Malvidin: 9.38mg, Malvidin: 9.38mg, Malvidin: 9.38mg, Malvidin: 9.38mg Peonidin: 2.82mg, Peonidin: 2.82mg, Peonidin: 2.82mg, Peonidin: 2.82mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg

Kaempferol: 0.23mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 218.63kcal (10.93%), Fat: 8.43g (12.96%), Saturated Fat: 5.77g (36.06%), Carbohydrates: 33.3g (11.1%), Net Carbohydrates: 30.19g (10.98%), Sugar: 4.62g (5.13%), Cholesterol: 0mg (0%), Sodium: 314.78mg (13.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.71g (9.43%), Manganese: 1.12mg (56.02%), Selenium: 16.34µg (23.34%), Calcium: 180.9mg (18.09%), Vitamin B1: 0.23mg (15.59%), Phosphorus: 128.42mg (12.84%), Fiber: 3.1g (12.41%), Vitamin B2: 0.18mg (10.43%), Magnesium: 40.17mg (10.04%), Iron: 1.73mg (9.61%), Folate: 37.66µg (9.41%), Vitamin B3: 1.77mg (8.86%), Copper: 0.11mg (5.65%), Zinc: 0.72mg (4.83%), Vitamin B6: 0.08mg (4.02%), Potassium: 112.58mg (3.22%), Vitamin K: 3.25µg (3.1%), Vitamin B5: 0.21mg (2.13%), Vitamin C: 1.35mg (1.64%), Vitamin E: 0.24mg (1.61%)