



Waffled Blueberry French Toast with a Carrot-Ginger Smoothie

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



327 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup percent milk
- ☐ 2 tablespoons almonds toasted
- ☐ 1 cup blueberries
- ☐ 2 medium carrots roughly chopped
- ☐ 1 large eggs
- ☐ 1 tablespoon ginger chopped
- ☐ 1 pinch ground cinnamon

- ☐ 4 servings kosher salt
- ☐ 5 tablespoons maple syrup pure
- ☐ 2 cups lowfat yogurt plain
- ☐ 4 slices bread whole wheat

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ microwave
- ☐ waffle iron

Directions

- ☐ Combine the yogurt, 1 1/2 cups ice, carrots, 2 tablespoons of the maple syrup and the ginger in a blender and blend until smooth. Divide among four glasses and refrigerate until ready to serve.
- ☐ Combine the blueberries and the remaining 3 tablespoons of maple syrup in a small microwave-safe bowl. Cover with plastic wrap and microwave until the blueberries pop, about 2 minutes. Set aside.
- ☐ Preheat a waffle iron and lightly coat with the nonstick cooking spray.
- ☐ Whisk together the milk, egg, cinnamon and 1/8 teaspoon salt in a baking dish. Soak a piece of bread, on each side, for a few seconds.
- ☐ Place on the waffle iron, close and cook until golden brown, 3 to 4 minutes.
- ☐ Remove and keep warm on a plate covered in foil, repeat with the remaining bread.
- ☐ Divide the waffles and blueberry sauce evenly among four plates, sprinkle with almonds.
- ☐ Serve with the smoothies.

Nutrition Facts

PROTEIN 18.1% FAT 21.53% CARBS 60.37%

Properties

Glycemic Index:55.76, Glycemic Load:16.24, Inflammation Score:-10, Nutrition Score:23.24130428874%

Flavonoids

Cyanidin: 3.25mg, Cyanidin: 3.25mg, Cyanidin: 3.25mg, Cyanidin: 3.25mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 327.24kcal (16.36%), Fat: 7.95g (12.24%), Saturated Fat: 2.78g (17.35%), Carbohydrates: 50.18g (16.73%), Net Carbohydrates: 46.07g (16.75%), Sugar: 33.25g (36.94%), Cholesterol: 58.57mg (19.52%), Sodium: 474.97mg (20.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.05g (30.1%), Vitamin A: 5306.5IU (106.13%), Manganese: 1.48mg (74.24%), Vitamin B2: 0.88mg (51.93%), Calcium: 401.5mg (40.15%), Phosphorus: 354.58mg (35.46%), Selenium: 16.87µg (24.09%), Potassium: 683.01mg (19.51%), Magnesium: 75.79mg (18.95%), Vitamin B12: 1.11µg (18.5%), Vitamin B1: 0.25mg (16.83%), Zinc: 2.5mg (16.66%), Fiber: 4.11g (16.43%), Vitamin B5: 1.47mg (14.74%), Vitamin E: 2.03mg (13.57%), Vitamin K: 13.77µg (13.11%), Vitamin B6: 0.24mg (11.76%), Folate: 44.47µg (11.12%), Vitamin B3: 2.11mg (10.57%), Copper: 0.18mg (9.12%), Iron: 1.47mg (8.17%), Vitamin C: 6.58mg (7.97%), Vitamin D: 0.25µg (1.67%)