

Waffles

Ingredients

120g/4oz margarine

60g/2oz sugar

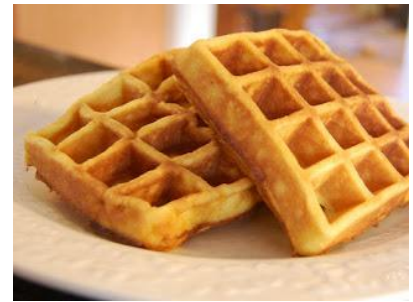
1 teaspoon vanilla essence

120g/4oz Loprofin Low Protein Mix

1 teaspoon Loprofin Egg Replacer

1 teaspoon baking powder

90ml/6 tablespoon water



Method

1. Cream the margarine and sugar together in a bowl.
2. Add vanilla essence.
3. In a separate bowl, blend Loprofin mix with egg replacer and baking powder. Add to the creamed mixture and work in the water to form a smooth soft batter.
4. Preheat the waffle maker for 2-3 minutes and place 1-2 tablespoons of batter in the centre of the waffle grid.
5. Close down the lid and leave to cook for a few minutes until they are golden brown and crisp and can be easily removed.
6. Ideally, serve hot with the topping of your choice e.g. chopped fruit / honey / golden syrup