About 30 minutes

Makes 4 waffles

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Ingredients

- 1 cup (150g) flour
- 2 tsp (10ml) baking powder
- ½ tsp (3ml) salt
- ½ tsp (3ml) cinnamon or mixed spice (optional)
- ½ tsp (3ml) vanilla essence
- 3 Tbsp (45ml) olive oil or melted coconut oil
- ½ cup (125ml) mashed cooked butternut
- 1 apple, peeled and diced
- 1 egg, separated
- ½ cup (125ml) low-fat yoghurt, honey, raspberries and mint, for serving

Method:

- 1. Sift dry ingredients together.
- 2. Mix vanilla essence, oil, mashed butternut, apple and egg yolk together.
- 3. Combine with dry ingredients.
- 4. Whisk egg white until soft peaks form and gently fold into batter.
- 5. Heat a waffle iron and bake waffles until golden brown.
- 6. Serve waffles with yoghurt, a drizzle of honey, a few raspberries and mint (optional).

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