

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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