



WHOLEMEAL APPLE AND CARROT WAFFLES

20 MINS
PREP

15 MINS
COOK

SERVES
3-4

NUT
FREE

VEGGIE

Recipe from *Modern Baby, Toddler and Family Food* by Miriam Cooper.

Miriam is a mum of one little girl, they live in London and love eating waffles! This veggie recipe only takes 15 minutes to cook and serves 3-4 people.

WHAT YOU NEED

1-2 carrots, peeled and grated (90g approx.)
 1 apple, peeled, cored and grated (90g approx.)
 80g plain flour
 80g wholemeal flour
 1 tablespoon baking powder
 300ml organic semi skimmed milk
 80g unsalted butter, melted
 2 organic eggs
 vegetable oil, for cooking

WHAT TO DO

1. Preheat the oven to 140°C
2. In a bowl combine: grated apple, grated carrot, plain flour, wholemeal flour and baking powder
3. Separate the eggs and beat the egg whites, until forming soft peaks
4. Add the yolks, milk and melted butter to the other ingredients; finally fold through the beaten egg yolks
5. Let the batter rest for 5 mins
6. Switch on your waffle pan and follow the instructions, until it is at temperature and ready for cooking the waffles
7. Open the waffle iron and grease the plates with a little vegetable oil, then add the batter, being careful not to overfill the iron
8. Close and cook the waffles. In my waffle iron this takes roughly 5 minutes, remove with a spatula to a lined tray and pop in the oven to keep warm (this also helps the waffles stay lovely and crisp)
9. Repeat the process until all the waffle mixture has been used up, then serve with any toppings of your choice! For smaller children you can cut into strips, which are easy to grip