



# WAFFLES

**Season:** any  
**From the garden:** eggs  
**Type:** snack, breakfast dish  
**Difficulty:** easy  
**Country of origin:** New Zealand  
**Serves:** 4 waffles or 20 tastes  
**Source:** Andrea Habacht, GTT coordination, Oropi School

## Equipment

- mixing bowl
- small microwave safe bowl
- wisk
- measuring cup
- scales
- teaspoon
- waffle maker

## Ingredients

- \*  $\frac{3}{4}$  cup oats
- \*  $\frac{1}{2}$  cup self raising flour
- \*  $\frac{1}{4}$  cup cornflour
- \* 1 egg
- \* 80g melted butter
- \*  $\frac{1}{2}$  cup milk
- \*  $\frac{1}{2}$  teaspoon baking powder
- \* pinch of salt

## gluten free version

- \*  $\frac{1}{4}$  cup gluten free flour
- \* 1 small egg
- \* 1 tablespoon cornflour
- \*  $\frac{1}{8}$  cup milk
- \*  $\frac{1}{2}$  teaspoon baking powder
- \* pinch of salt

## **Method**

- 1. plug in waffle maker**
- 2. measure oates, flour, cornflour, salt and baking powder into the mixing bowl.**
- 3. put butter in microwave safe bowl and melt in the microwave for 30 seconds on high till melted.**
- 4. add butter, egg and milk to mixing bowl and mix with a whisk. add a bit more milk if too thick. you want a pouring consistency.**
- 5. pour a quarter of the mixture into the waffle maker as soon as the light on the waffle maker goes green. do not overfill as it will spill out on the sides. you want to get 4 waffles out of the mixture. cook for a few minutes till light brown.**

**Notes:** *no sugar has been added to the waffle mixture because sweetness will come from the topping. oats have been added for extra nutritional value.*

**Skills:** *measuring, mixing.*