

BLUEBERRY WAFFLES

Recipe makes
2 servings

Prep time
25 minutes

Cook time
6–7 minutes

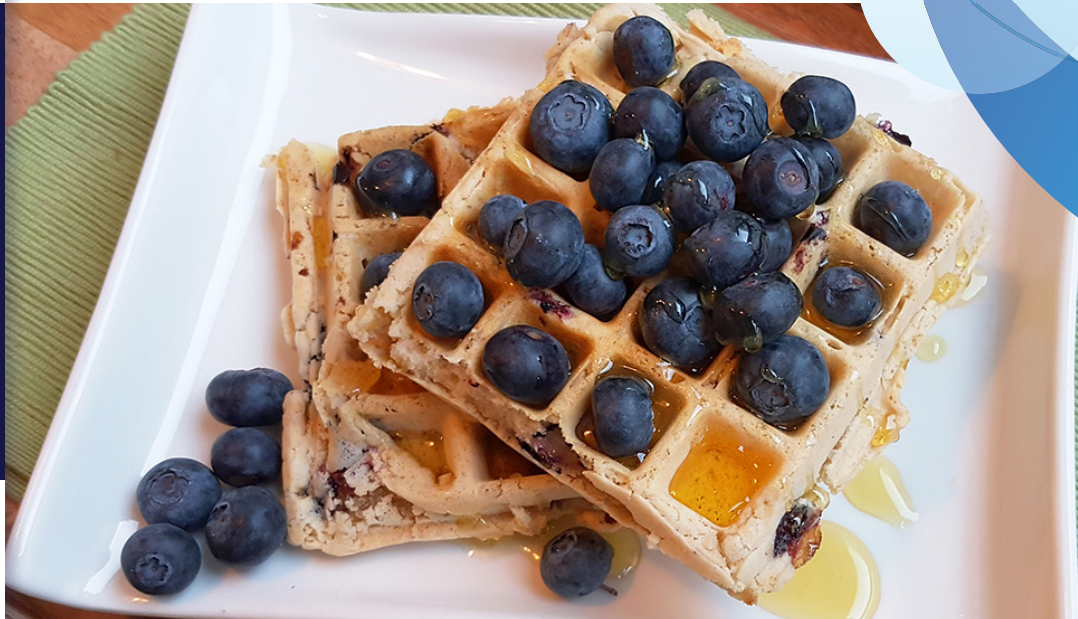
NUTRITION INFO PER SERVING

(1 waffle)

Calories 270

Protein 0.5 g

Phenylalanine 20 mg



INGREDIENTS

3/4 cup low protein
all-purpose baking mix
1/2 tsp baking powder
2 Tbsp sugar
1 Tbsp butter, unsalted
1/4 cup rice or almond
milk, unsweetened*
3 Tbsp water
1/4 cup fresh
blueberries, chopped

* Almond milk was used in the
nutrition analysis.

DIRECTIONS

- 1 Rub together low protein baking mix, baking powder, sugar and butter with your fingertips over a medium-sized bowl, until you get a sand-like texture.
- 2 Heat waffle maker as per manufacturer's instructions.
- 3 Add rice or almond milk and water to the dry mixture; then whisk until batter is smooth.
- 4 Fold in blueberries.
- 5 Pour batter into the waffle maker.
- 6 Cook for 6–7 minutes or until golden brown.

This recipe is suitable for a protein restricted diet. Be sure to check with your healthcare professional before making changes to your diet.

This recipe was analyzed using HowMuchPhe.org. The nutrition information could change depending on the brand of the product you choose and should only serve as a guideline. Always check the nutrition label of any product substitution to ensure it is suitable for you. Refer to labels for allergen information and suitability.

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