



Belgian waffles

Makes 8 waffles

Ingredients

2 Cups Flour
2 Cups Milk
2 tsp Baking Powder
3 Eggs (separated)
2 Tbs Powdered Sugar
2 tsp Vanilla
1 Tbs Oil
Pinch of salt

Method

- ⤴ Combine all ingredients except egg whites.
- ⤴ Beat egg whites until stiff
- ⤴ Fold egg whites into batter mixture. Do not over mix!
- ⤴ Ladle into hot waffle iron (be sure to spray with 'Pam' first)
- ⤴ Bake until dry – serve hot with fruit, syrup or both.

Blueberry sauce

- ⤴ Mix 4 tsps of corn starch with $\frac{1}{2}$ cup of sugar, $\frac{1}{4}$ tsp nutmeg & $\frac{1}{4}$ tsp cinammon & slowly stir in $\frac{2}{3}$ cup of water
- ⤴ Cook over a high heat, beating with a wire whisk until clear & thick
- ⤴ Cook over medium heat for a further 2 minutes
- ⤴ Add $1 \frac{1}{3}$ cup of frozen blueberries & 2 tablespoons lemon juice
- ⤴ Heat through & serve