

NEW ZEALAND
Harroways
Oats



Oat Waffle

Harroways Oat Waffle

- 1 Egg
- 1 ½ T Sugar
- 1¼ cups (300ml) Low fat milk
- ½ t Vanilla
- 1 cup **Harroways Scotch Oats**
- ¾ cup Self raising flour
- ½ t Baking soda



Whisk egg and the sugar together in a bowl. Then add milk, vanilla, Harroways Scotch Oats, flour and baking soda. Combine all ingredients together in the bowl. Place your mixture to one side and turn on your waffle maker. Set the waffle maker to 60% of its maximum temperature, when this temperature has been reached, lightly grease the waffle iron with a Tick approved oil spray (canola). Spoon the mixture onto the hot surface then close the lid of the waffle iron (approximately 4-6 spoonful's per waffle depending on the size of your waffle iron). Remove waffles once golden brown and cooked. Waffles can be made in advance and frozen until needed. They also can be reheated in the toaster for a quick easier sweet treat.

Recipe makes 6 waffles. Recommended serving size is 1 waffle. Energy 651kJ, Carbohydrate 25.6g, Sugar 6.8g.

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