

"American" Breakfast Waffle



- Preparation time: 5-10 minutes
- Cooking time: 5-10 minutes
- Recipe makes 1 portion

Waffle
maker
needed

Recipe provides approximately:

Nutritional content	Quantity	% of total energy	Your recipe
MCT	20g	45%	
LCT	16g	36%	
Protein	13g	13%	
Carbohydrate	6.5g	6%	
Energy (calories)	402kcal	100%	



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Ingredients	Quantity	Your recipe
Waffle		
Egg, beaten	25g	
Water	10g	
Butter, melted	9g	
MCTprocal™	32g	
Topping		
Spray oil	2 - 3 sprays	
Bacon, back, raw	35g	
Sugar free maple/pancake syrup e.g. Waldon Farms	A drizzle	

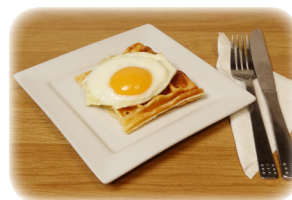
Method

1. Pre heat waffle maker (as per manufacturer’s instructions).
2. Mix all ingredients together in a bowl until a smooth mixture has formed.
3. Spread mixture over heated waffle maker and close lid.
4. Cook for 5-10 minutes until golden.
5. Meanwhile fry bacon in spray oil for 5 minutes until cooked.
6. Remove waffle from waffle maker when cooked, place bacon on top and drizzle over the sugar free maple/pancake syrup.



Always check with your dietitian what is suitable for you

- Serve with a fried egg



MCTprocal is a food for special medical purposes and must be used under medical supervision