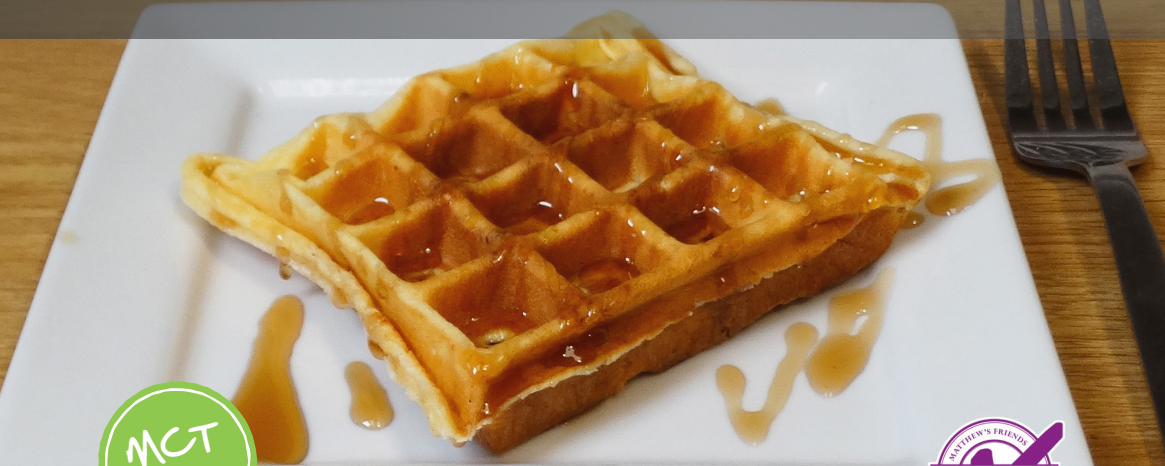


Sweet Waffle



- 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	46%	
LCT	15g	34%	
Protein	10g	10%	
Carbohydrate	10g	10%	
Energy (calories)	395kcal	100%	



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Sweet Waffle

Ingredients	Quantity	Your recipe
Egg, beaten	25g	
Water	10g	
Butter, melted	15g	
Liquid sweetener e.g. Hermesetas	1 - 2 drops	
Skimmed milk powder	7g	
MCTprocal™	32g	
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. Remove from waffle maker and drizzle sugar free maple/pancake syrup over the top.



Top
Tips

- Perfect as a breakfast or dessert
- Sprinkle with cinnamon for a sweet and spicy flavour



Serving
Suggestion

Always check with your dietitian what is suitable for you

- Serve with cream/fruit



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