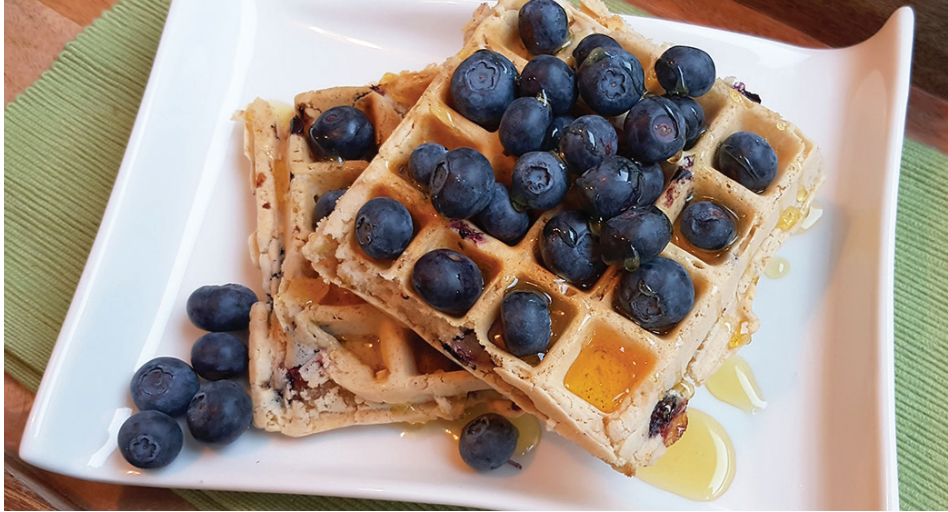


Blueberry Waffles



Recipe makes: 2 servings
Prep time: 25 minutes
Cook time: 6–7 minutes

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.

Nutrition Info Per Serving (1 waffle):

Calories: 270 | Protein: 0.5 g | Phenylalanine: 20 mg

Please check the suitability of this recipe for you with your healthcare professional.

This recipe was analyzed using HowMuchPhe.org.

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This recipe has been specifically designed for a low protein diet. The nutrition information for a recipe could change depending on the brand of product you choose and should only serve as a guideline. Refer to labels for allergen information and suitability.

VFUSA_BLUEBERRYWAFFLES_012021



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