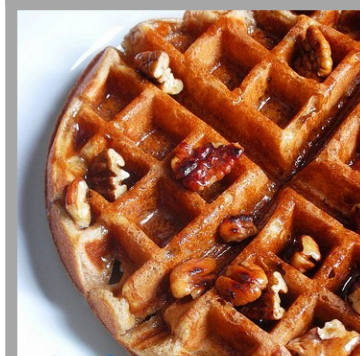




# EASY WAFFLES OR PANCAKES

## SERVE 'EM MANY WAYS!

Great cooking video:  
<https://youtu.be/IFsaM8oClaQ>



### INGREDIENTS

- 1 cup *almond flour*
- 1 tsp *baking soda*
- 1/4 cup [Fiber Yum](#) or [Vita Fiber](#)
- Cooking **spray** (I use avocado spray.)
- 4 **Eggs** (Organic, pasture-raised.)
- 1 large pinch of **Salt** (for best sodium to potassium ratio use "Morton's Lite Salt")

### DIRECTIONS

1. Heat waffle iron per the directions that came with it.
2. Spray both sides of iron with oil before batter is poured in.
3. Mix all dry ingredients together. Then mix in eggs and syrup. Do not overmix.
4. Pour batter in and cook per the directions that came with your waffle iron. All are different! These are best served right away. If not, put on a cookie sheet in oven to keep warm, but don't stack. They tend to get soft when stacked.
5. Add butter and all-natural, sugar-free syrup, or other toppings from next page.
6. Serve with Bacon or Sausage for a great breakfast! Top in one of many delicious ways—our favorites are on the next page.

Waffle irons differ greatly in size.

Nutrition facts shown here is for **1/3 of the batter**.

How many actual waffles or pancakes that makes depends on their size.

More great recipes at

[TrinityHealthCoaching.com](http://TrinityHealthCoaching.com)

Trinity - WAFFLES by Karen Berg		
Nutrition Facts		
Amount Per Serving		% Daily Value*
Calories	313.9 kcal	16 %
Total Fat	25 g	38 %
Saturated Fat	3.3 g	17 %
Trans Fat	0 g	
Cholesterol	218.8 mg	73 %
Sodium	525.3 mg	22 %
Total Carbohydrate	12 g	4 %
Dietary Fiber	7.5 g	30 %
Sugars	2.8 g	
Protein	15.2 g	30 %



## MAPLE SYRUP - 3 servings

[Syrup cooking video](#)

Stir together the below 2 ingredients until well blended & serve

- 1 cup [Fiber-Yum](#) or [Vita-Fiber](#) prebiotic Syrup
- 1 Tablespoon [natural Maple Extract](#)

[Click to purchase ingredients at our Amazon affiliate links](#)



## Use your imagination!

Serve these waffles with spinach, poached eggs and bacon.

Or use them as the base for our "Eggs Benedict" using the Hollandaise recipe at our website breakfast cookbook [here](#).

## BERRIES and CREAM

Whip together the below 3 whipped cream ingredients until firm. (Don't overbeat.) Serve with berries.

- Either 1 cup VERY COLD **Heavy Whipping Cream** OR 1 can canned **Coconut milk** refrigerated for 24 hours.
- 2 tablespoons powdered Monk fruit confectioners, or powdered Erythritol or powdered Swerve, or a few drops liquid stevia.
- 1/2 teaspoon Vanilla extract or use Almond extract.

Vanilla & Almond have a different flavors. See which you like best.

If using canned coconut milk you will need to pour off the watery part after you've chilled it in the can for 24 hours in the fridge.

Never make whipped cream before? [CLICK HERE](#) to see how to video.



For one serving **Blueberry Butter** mix 3 ingredients with electric hand mixer.

3 oz. softened grass-fed butter, 1 tsp powdered sweetener, and 1 oz. fresh blueberries.

5 + 10 m | Easy

## Keto waffles with blueberry butter

Waffle lovers, unite! These fluffy [keto](#) waffles come with a satisfying crisp crust and a scoop of creamy blueberry butter. Gluten-free by nature and making it dairy-free is not a problem either. The easiest and tastiest way to please the whole family. Did someone say perfect brunch?

3g

