

Brussels waffles

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Energycontent – ratio 3,5:1	
Proteins	19,9 g
Fats	101,5 g
Carbohydrates	8,8 g
Kcal	1028,0

Ingredients

Ratio	3:1	3,5:1	3,8:1	4:1
Egg	75 g	60 g	53 g	50 g
Soybean margarine	55 g	60 g	60 g	64 g
Almond powder	75 g	60 g	53 g	50 g
Cream 40%	55 g	55 g	55 g	54 g
Bicarbonate of soda	pinch	pinch	pinch	pinch
Sweetener	free to choose	free to choose	free to choose	free to choose

Preparation

- Mix all ingredients and make small scoops of the dough
- Bake the scoops in buttered waffle iron until auburn