

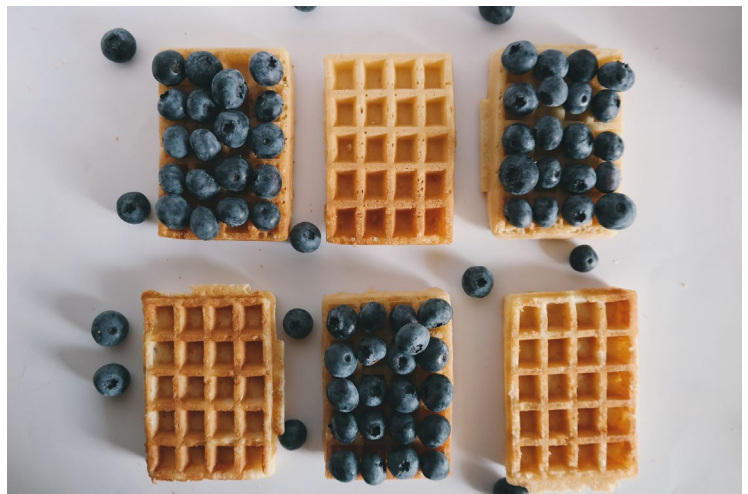
Emmer Spelt Waffles



PREPARATION:
APPROX. 10 MINUTES



BAKING & COOKING TIME:
APPROX. 15 MINUTES



INGREDIENTS:

3 Eggs
100 ml milk
40 g soft butter
100 g spelt flour
150 g wholegrain emmer flour
60 g sugar
1 pkg. vanilla sugar
1 pkg. baking powder
1 pinch of salt
1 pinch of cinnamon

PREPARATION:

Cream the egg yolks, butter, vanilla sugar and half of the sugar.

Mix the emmer wholegrain flour with the spelt flour, baking powder and cinnamon and add to the remaining ingredients together with the milk.

Beat the egg whites with the remaining sugar and a pinch of salt until stiff and then fold in carefully.

Grease a waffle iron, pour in the batter in batches and bake the waffles for about 2 - 4 minutes.

Tip: For a summery variation, replace the cinnamon with lemon zest.

For winter lovers, a teaspoon of gingerbread spice can refine the taste.