

MORNINGS MADE EASY

Serves: 4 • Serving size: 1 waffle

13
minutes

PREP TIME: 10 minutes
COOK TIME: 3 minutes

BLUEBERRY Waffles

- 1 cup all-purpose flour
- 1 tsp. baking powder
- ½ tsp. salt
- ¼ cup granulated sugar
- 1 large egg
- ¾ cup whole milk
- 1 tsp. white vinegar
- 2 tbsp. vegetable oil or melted butter
- ¼ cup blueberries

1. In medium sized bowl combine flour, baking powder, salt and sugar until well combined.
2. Separately, mix egg, milk, vinegar and oil in the All-in-One shaker.
3. Pour wet into dry until just combined. Let rest for a couple of minutes, fold blueberries.
4. Divide batter between Silicone Waffle Form and place in microwave for 2 minutes 30 seconds.
5. Let cool for 2-3 minutes before unmolding. Leftovers may be frozen up to three months.

Nutritional Information (per serving):
Calories: 280 Total Fat: 10g Saturated Fat: 2.5g Cholesterol: 50mg Sodium: 470mg
Carbohydrate: 40g Fiber: 1g Sugar: 16g Protein: 6g Vitamin D: 4% Calcium: 8% Iron: 4%
Potassium: 2%

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Tupperware®



TO DEMO



Silicone Waffle Form

OPTIONAL



Silicone Spatula



Measuring Spoons



Measuring Cups



That'sa® Bowl



All in One Shaker



Micro Pitchers



Freeze-It PLUS 2-Pc. Set