

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



Thatsa® Bowl



All in One
Shaker



Micro Pitchers



Freeze-It PLUS
2-Pc. Set