

## Flax Waffles / Pancakes

**Makes:** 6 x 10cm (4in) square waffles or  
12 x 5cm (2in) Pancakes

### Ingredients

40g ground flaxseeds (linseed)  
60g walnut pieces  
50g finely ground almonds  
2 tsp ground cinnamon  
¼ tsp sea salt  
4 tbsp xylitol  
4 large eggs  
240ml unsweetened soya milk (or lowfat milk)  
1 tsp baking powder



### Instructions

In a blender or food processor, combine the ground flaxseed, walnuts, ground almonds, cinnamon, salt and xylitol. Blend until the walnuts are finely ground.

In a large bowl, whisk the eggs and 120ml of the soya milk. Add the walnut mixture and combine well. Cover and refrigerate for at least 1 hour or up to overnight.

**To make Waffles:** When you are ready to make the waffles, stir in the baking powder and the remaining soya milk; mix well. Set your waffle maker to high and, follow the manufacturer's directions, cook the waffles until light brown.

**To make pancakes,** lightly grease a heavy frying pan and, when really hot, drop heaped tablespoons of batter on to the surface, keeping them well separated. Cook for 2-3 minutes until the underside is browned, then turn over with a fish slice and cook the other side.

### Nutrition information:

Per Waffle or two Pancakes =  
Kcal 207  
Fat 16g  
Carbs 3.7g  
Protein 8.5g