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Omega Waffles ♦

Omega Waffles are a delicious and nutritious breakfast option. They are made with a combination of whole wheat flour, flaxseed meal, and chia seeds, which are rich in omega-3 fatty acids. These waffles are crispy on the outside and fluffy on the inside, making them the perfect way to start your day.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

200 g	Whole Wheat Flour
50 g	flaxseed meal
25 g	Chia Seeds
2 tsp	baking powder
0.5 tsp	salt

1	Egg
250 ml	milk
2 tbsp	vegetable oil
2 tbsp	honey

Directions

Step 1

Mixing

In a large bowl, whisk together the whole wheat flour, flaxseed meal, chia seeds, baking powder, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a separate bowl, beat the egg. Add the milk, vegetable oil, and honey, and whisk until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stirring

Pour the wet ingredients into the dry ingredients and stir until just combined. Do not overmix.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Preheating, cooking

Preheat a waffle iron and lightly grease with cooking spray. Pour a ladleful of batter onto the iron and cook according to the manufacturer's instructions.

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Cooking

Repeat with the remaining batter.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Serving

Serve the waffles warm with your favorite toppings, such as fresh fruit, yogurt, or maple syrup.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 5 g

Protein: 9 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	9 g	52.94%	52.94%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	6 g	15.79%	24%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	45 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Difficulty Level

Easy

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