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Whole Wheat Waffle with Blueberries Combo

This recipe is a delicious and healthy combo of whole wheat waffles and fresh blueberries. It's a perfect breakfast option that provides a good amount of fiber and antioxidants. The waffles are made with whole wheat flour, which adds a nutty flavor and a hearty texture. The blueberries add a burst of sweetness and a pop of color. Enjoy this combo with your favorite toppings and a drizzle of maple syrup.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

200 g	Whole Wheat Flour
2 tsp	baking powder
1 tsp	salt

1 units	Egg
250 ml	milk
2 tbsp	vegetable oil
100 g	blueberries

Directions

Step 1

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a separate bowl, beat the egg and then add the milk and vegetable oil. Mix well.

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: 3 mins

Cook Time: 0 mins

Step 4

Stirring

Gently fold in the blueberries.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Preheating

Preheat a waffle iron and lightly grease it with cooking spray or oil.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Cooking

Pour the batter onto the hot waffle iron and cook according to the manufacturer's instructions.

Prep Time: 0 mins

Cook Time: 10 mins

Step 7

Serving

Serve the waffles warm with additional blueberries and your favorite toppings.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 5 g

Protein: 8 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	6 g	15.79%	24%
Sugars	7 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	35 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	350 mg	15.22%	15.22%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	14 mcg	25.45%	25.45%

Recipe Attributes

Seasonality

Spring Summer

Events

Christmas Easter

Meal Type

Breakfast Brunch Lunch Snack

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

Kitchen Tools

Blender

Course

Appetizers

Main Dishes

Desserts

Difficulty Level

Medium

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