

Gluten-Free Frozen Blueberry Waffle

Ingredients	%
Water	39
Faba Bean Flour V-6000	26
Coconut Oil	10.4
Frozen Blueberry	8
Sugar	6.5
Brown Sugar	6.5
Corn Starch	2.2
Baking Powder	0.9
Xanthan Gum	0.3
Salt	0.2

Procedure

- Combine all the dry ingredients and blend well, then gradually add coconut oil and water. Whisk until a smooth batter without lumps is formed. Let sit for 10 min
- Turn the waffle iron to setting “3”, wait until the “ready” green light turns on
- Lightly grease the waffle iron with oil spray
- Fold in frozen blueberries into the batter and pour the batter onto the heated waffle iron
- When cooked, remove the waffle and cool to room temperature. Store in a freezer bag and place in the freezer
- Take out the frozen waffle from the freezer as desired, and reheat directly in the toaster at low heat setting until hot and crispy

Nutrition Facts

Serving size	(100g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 10g	50%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 35g	13%
Dietary Fibre 1g	4%
Total Sugars 14g	
Includes 6g Added Sugars	12%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 192mg	15%
Iron 1mg	6%
Potassium 204mg	4%

*The % Daily Value tells you how much nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice

Calories per gram Fat 9 • Carbohydrate 4 • Protein 4



Contact us:

For more information or to speak to somebody about this recipe please call your local Univar Solutions representative or contact us at:

foodEMEA@univar.com | univarsolutions.com

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