



BIOSÜDTIROL



Organic Farmer Martina Serves: Apple Semolina Waffles.

Preparation: 25 minutes

Difficulty: Easy

Ingredients (7 servings)

- 1 Natyra apple
- 60 g wholegrain spelt flour
- 60 g spelt semolina
- 60 g softened butter
- 1 egg
- 120 ml milk
- 1 tablespoon cinnamon
- lemon juice

Preparation

Mix the egg with the butter, add flour and semolina. Add milk and stir until you obtain a smooth batter. Finely grate the unpeeled apple, season with cinnamon and lemon juice and add to the mixture. For each waffle, pour a spoonful of batter onto a hot waffle iron and cook for about 5 minutes. Serve with a smile!

Martina's suggestion



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If you are preparing waffles for babies, oat milk can be substituted for cow's milk. For children a bit older, you can add a pinch of salt to the egg and butter. Waffles are delicious served hot and accompanied by gently simmered slices of apple. Enjoy!