



BIOSÜDTIROL

Organic farmer Martina serves: Apple Semolina Waffles for babies and toddlers

Preparation time: 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 Tip:

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!