

# "American" Breakfast Waffle



1.8:1 ratio

- Preparation time: 5-10 minutes
- Cooking time: 5-10 minutes
- Recipe makes 1 portion

Waffle  
maker  
needed

Recipe provides approximately:

Nutritional content	Quantity	Your recipe/MKD exchanges
Fat	31g	16g LCT
		15g MCT
Protein	12g	
Carbohydrate	5g	
Energy (calories)	347kcal	



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# “American” Breakfast Waffle

Ingredients	Quantity	Your recipe
<b>Waffle</b>		
Egg, beaten	25g	
Water	10g	
Butter, melted	9g	
MCTprocal™	24g	
<b>Topping</b>		
Spray oil	2 - 3 sprays	
Bacon, back	35g	
Sugar free maple/pancake syrup e.g. Waldon Farms	A drizzle	

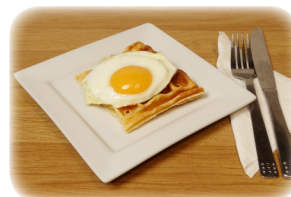
## Method

1. Pre heat waffle maker (as per manufacturer’s instructions).
2. Mix all ingredients together in a bowl until a smooth mixture has formed.
3. Spread mixture over heated waffle maker and close lid.
4. Cook for 5-10 minutes until golden.
5. Meanwhile fry bacon in spray oil for 5 minutes until cooked.
6. Remove waffle from waffle maker when cooked, place bacon on top and drizzle over the sugar free maple/pancake syrup.



**Always check with your dietitian what is suitable for you**

- Serve with a fried egg



MCTprocal is a food for special medical purposes and must be used under medical supervision