



Lemon and Ginger Chia Waffles

🕒 20–25 Min   

Preparation

- 1 To make the waffles, first mix the ground almonds with the baking powder and the Kotányi Ground Ginger.
- 2 Separate the eggs and cream the egg yolk with the coconut oil.

HINT: Egg whites can be stored in a sealed jar in the fridge and used later to make coconut kisses, for example.

- 3 Next add the almond milk, the maple syrup and the Greek yogurt to the egg yolk and mix everything together.
- 4 Then mix the egg yolk mixture with the dry ingredients.
- 5 Wash the lemons under warm water then grate the zest. Stir the lemon zest and chia seeds into the batter. Also stir in the juice of a lemon. Then allow the batter to rest for around 20 minutes.
- 6 Meanwhile, wash and slice the remaining lemons. Heat coconut oil and coconut sugar in a pan and caramelize the lemon slices one by one.
- 7 Now heat up the waffle iron and griddle the batter in batches.

HINT: To add more color to the dish, defrost some mixed frozen berries and blend in a mixer until you get a berry coulis.

- 8 Serve the waffles with the caramelized lemons and enjoy.

Ingredients 4 Portions

♦ = Kotányi Produkte

For the waffles

190 g	Rolled oats, ground
30 g	Almonds, ground
3	Eggs
50 g	Coconut oil
200 ml	Almond milk
50 g	Greek yogurt
16 g	Baking powder
20 g	Chia seeds
4 tbsp.	Maple syrup
2 pcs.	Organic lemons
1 tsp.	♦ Ginger, Ground

For the caramelized lemon slices

3 pcs.	Organic lemons
2 tbsp.	Coconut oil
3 tbsp.	Coconut sugar

