

**Low Carb Flaxseed Soy Belgian Waffles** (makes about 7pcs)

1/2 cup (40 gr) flaxseed meal

1/2 cup (35gr) soy flour

1 Tbsp Splenda

1 tsp baking powder

1/2 tsp baking soda

1/2 tsp lemon zest

1/4 tsp salt

1 cup buttermilk (or 1 cup whole or low-fat milk with 1 Tbsp white vinegar added – let curdle before using)

1 large egg

2 Tbsp (30gr) unsalted butter, melted and slightly cooled

Mix the dry ingredients well in a mixing bowl. Using a whisk to stir, add in the buttermilk, egg and butter and keep stirring till you have a nice smooth batter. Let sit a while to thicken. You don't want to have a batter which is too watery, otherwise it will flow right off your waffle iron. If it is too watery, add more flaxseed meal, a tablespoon at a time.

Use a soup ladle and put a scoop or more onto your preheated waffle iron. You'll have to figure out the quantity yourself as waffle irons come in different shapes and sizes.

Cook till done.

Notes: As mentioned above, if you have a timer, you may need to leave the waffles in a little longer if they are not yet crispy. I've frozen the rest and will pop them into the toaster next time.

*Nutrition Facts per pc out of 7 servings*

*Using Splenda – 113.6 kcal; Fat 8.1 g; Cholesterol 39.7 mg; Sodium 252.1 mg; Carbs 4.5 g; Protein 6.4 g*

*Using Schneekoppe Prodieta Diabetiker-Süße – 116.2 kcal; Fat 8.1 g; Cholesterol 39.7 mg; Sodium 252.1 mg; Carbs 5.7 g; Protein 6.4 g*