Waffles with morello cherries in a fruits of the forest sauce



level I



4



40 min



Ingredients Waffles

200 ml Fresubin 2 kcal DRINK Vanilla

3 eggs125 g soft butter100 g sugar

100 ml full-fat milk (3.5% fat)

250 g flour

20 g baking powder

1 tea-

spoon lemon (juice) salt, cinnamon

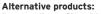
Fruits of the forest sauce

1 jar morello cherries (350 g) 200 ml Fresubin 2 kcal DRINK Fruits of the forest

3 tablespoons sugar

Nutritional information per serving:

Energy886 kcal
Protein23.7g
Fat4.0 g
Carbohydrate 122.0 g
Fibre2.5 g



Fresubin® Energy/Fibre DRINK Fresubin® Protein Energy DRINK



Preparation

Separate eggs. Beat egg yolks, soft butter and sugar until fluffy. Add Fresubin 2 kcal DRINK Vanilla, milk, lemon juice, a pinch of salt and cinnamon. Sieve the flour and baking powder and stir in gradually. Fold whipped egg whites into the mixture.

Add morello cherries (without juice) and sugar to Fresubin 2 kcal DRINK Fruits of the forest. Add juice as desired.

Bake waffles in a waffle maker. Sprinkle icing sugar over the baked waffles and add the cherry sauce. TIP:
Substitute
Fresubin 2 kcal
DRINK Vanilla
with Fresubin
2 kcal DRINK
Cappuccino.



