

# Waffles with morello cherries in a fruits of the forest sauce

level 

 4

 40 min



## Ingredients

### Waffles

200 ml Fresubin 2 kcal DRINK Vanilla  
3 eggs  
125 g soft butter  
100 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 table-spoons sugar

### Nutritional information per serving:

Energy .....886 kcal  
Protein.....23.7g  
Fat .....4.0 g  
Carbohydrate ....122.0 g  
Fibre.....2.5 g



### Alternative products:

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.