

## Waffle

Ingredients	grams	Baker's %
Pea protein concentrate	20	6.7
Water at 75°C	42	14
Vanilla extract	4.5	1.5
Almond extract	4.0	1.3
All purpose flour	300	100
Baking powder	14	4.6
Salt	3.4	1.1
Sugar	57	19
Eggs	111	37
Vegetable Oil	158	53
Milk	461	154

Nutrition Facts	
Serving Size (73g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 190</b>	Calories from Fat 100
% Daily Value*	
<b>Total Fat 11g</b>	<b>17%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 200mg</b>	<b>8%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 6g	
<b>Protein 4g</b>	
Vitamin A 2% • Vitamin C 0%	
Calcium 6% • Iron 6%	
*Percent Daily Values are based on a diet of 2,000 calories.	
Calories: 2,000    2,500	
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**Procedure:**

1. Mix pea protein concentrate with water, vanilla extract, and almond extract.
2. Sift dry ingredients. Whisk pea protein concentrate mixture with eggs at high speed.
3. Add oil, milk, and then dry ingredients. Mix well.
4. Pour batter to a non-stick waffle maker.
5. Cook until desired color is obtained at approximately 100-120°C for 4-8 minutes.



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