

Apple waffles with fig leaf syrup

Season: autumn

Serves: 8 or 20 tastes

Fresh from the garden: potato, broccoli greens, spinach, bay leaves, thyme, parsley

Equipment: chopping board grater measuring cups measuring spoons bowl microwave safe bowl spatula egg lifter 2 x clean tea towels waffle maker blender	Ingredients: 2 cups grated apple, about 4. 2 eggs 1½ cups oats 1 cup milk ¼ cup butter melted 1 tablespoon brown sugar 1½ teaspoons baking powder 1 teaspoon ground cinnamon ¼ teaspoon salt
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What to do:

1. Add all ingredients along **except apple**, into a blender and blend for about 2 minutes, until smooth.
2. Pour batter into a bowl, **add grated apple**, and stir well. Then let it **rest for about 5 minutes** while you preheat waffle iron. This helps the batter to thicken slightly.
3. Grease with non-stick cooking spray or a bit of butter.
4. Pour **⅓ cup batter** into each waffle plate and cook until **deep golden**. Remove the waffles onto a wire rack and repeat with the remaining batter.
5. Serve waffles warm with fig leaf syrup.

Pro tip: Remove the waffles gently with an egg lifter! These waffles tend to be softer, due to the high-water content in apples and the absence of flour.