

# Belgian prune waffles

Looking for a delicious Sunday morning breakfast?

Step up your traditional Belgian waffles and pair them with California prunes.

Enjoy with a hint of confectioner's sugar sprinkled on the top.

*Recipe contains FODMAPS but might be useful for people with constipation based IBS and no issues with FODMAPS*



## Ingredients

### Serves 4

- 150g California prunes
- 300g flour
- 1tsp salt
- 1tsp baking powder
- 5 eggs (1 separated)
- 20g butter melted
- 250ml buttermilk
- 4 slices of bacon
- 2 litre water
- 20ml vinegar
- 1 bunch of chives

## Method

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Preheat a waffle iron. Finely chop prunes.

Combine flour, salt, and baking powder in a large bowl. In a separate bowl, mix together egg yolk, butter, prunes, and buttermilk. Beat egg white until stiff.

Slowly mix the milk mixture into the flour bowl, but do not stir until smooth. Carefully fold beaten egg whites into the mixture.

Bake the dough until golden brown in the waffle iron.

Place bacon in a cold frying pan without oil and fry until crispy. Put bacon on paper towels and drain well.

Heat 2 litres of water with vinegar to 90° C. Break eggs into individual cups. Stir water with a wooden spoon until a vortex is created.

Add an egg and cook for 4 minutes. Remove the egg from the water and set aside; repeat with the remaining 3 eggs.

Arrange waffles, egg, and bacon, sprinkle with chives and serve with maple syrup and prunes.

