

Almond Waffles

Subtle almond flavour and crunch make these tender waffles a welcome treat!

Light cream cheese (about 1/4 cup, 60 mL), softened	2 oz.	57 g
Light sour cream	1/4 cup	60 mL
Hard margarine (or butter), melted	2 tbsp.	30 mL
Large eggs	3	3
Almond flavouring	1 tsp.	5 mL
Biscuit mix	2 tbsp.	30 mL
Ground almonds	2 tbsp.	30 mL
Granulated sugar	2 tsp.	10 mL
Baking powder	1/2 tsp.	2 mL

Beat first 5 ingredients in medium bowl until smooth.

Combine remaining 4 ingredients in small bowl. Add to cream cheese mixture. Stir until just moistened. Preheat waffle iron. Pour batter onto greased waffle iron, using about 1/3 cup (75 mL) batter for each waffle. Cook for about 6 minutes until golden brown. Repeat with remaining batter. Makes 4 waffles. Serves 2.

1 serving: 385 Calories; 30.6 g Total Fat (15.3 g Mono, 3.4 g Poly, 11.3 g Sat); 349 mg Cholesterol; 14 g Carbohydrate; 0 g Fibre; 15 g Protein; 649 mg Sodium

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