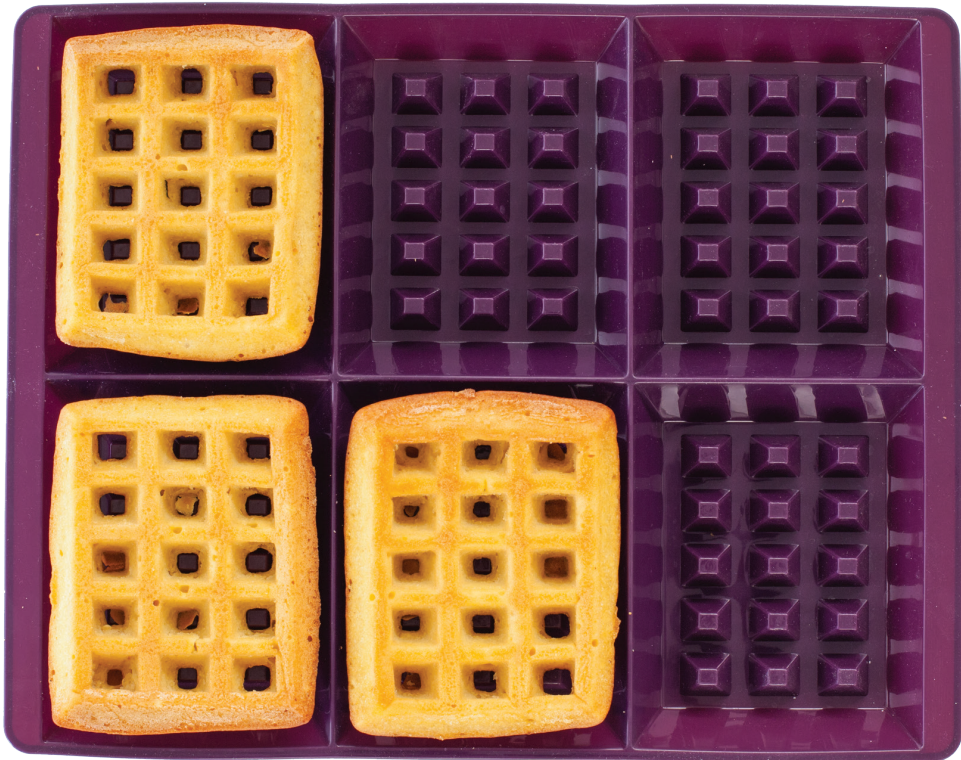


E P I C U R E™

# WAFFLE MOLD



**Care and Use:** Do not use abrasive cleansers or scouring pads.  
Do not use cooking spray, as it will void the product warranty.

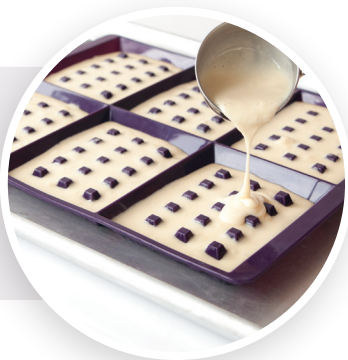
Visit [epicure.com](https://www.epicure.com) for more recipes.

# HOW TO USE THE WAFFLE MOLD



**1.** Place mold on a **Sheet Pan**. Generously brush with oil such as canola, sunflower, grapeseed, or coconut. This will help the waffles release easily and prevent sticking.

**2.** Divide batter between molds, ensuring corners are filled, and waffle tips are just poking through. Be careful not to overfill as the batter rises during cooking.

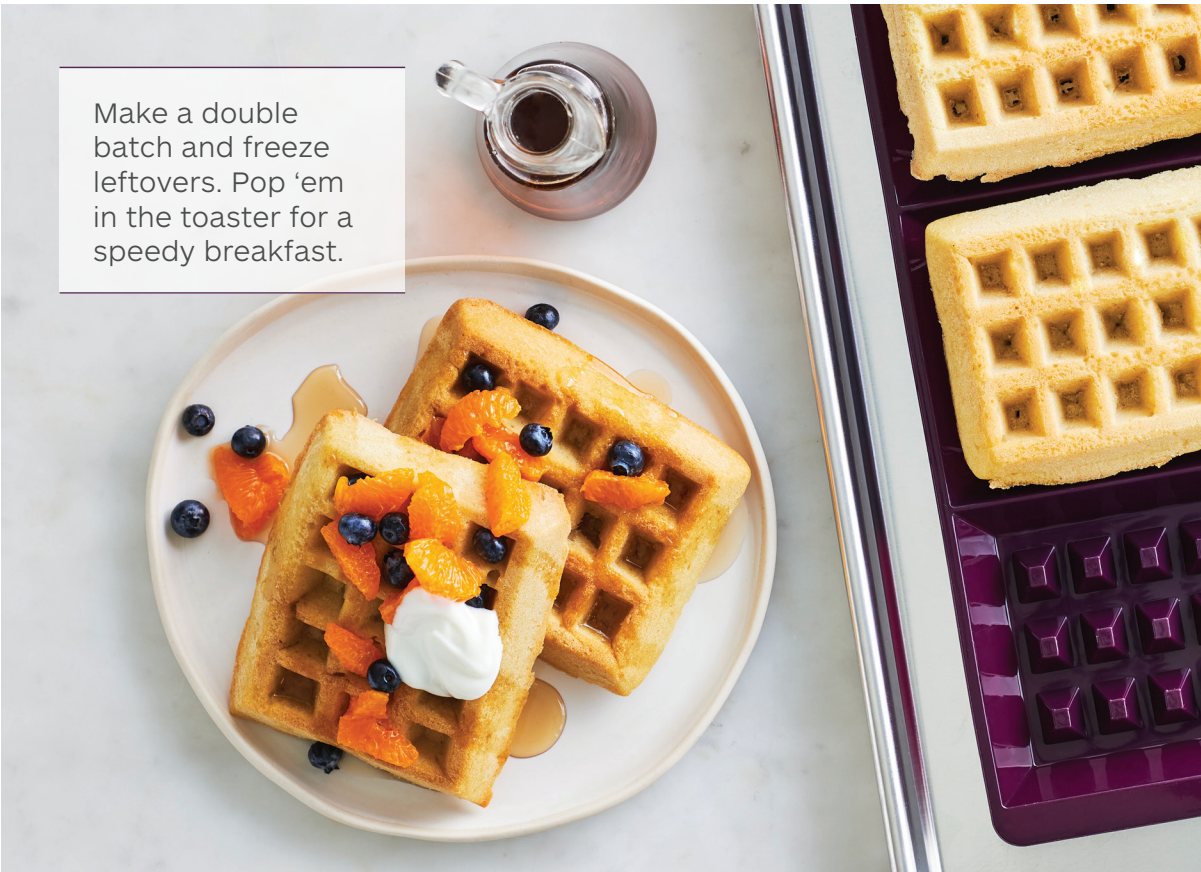


**3.** After baking, carefully turn mold over the sheet pan. Gently release waffles onto pan; set mold aside. For crispier waffles, bake for 3–5 more min, if desired.

## CUSTOMIZE IT!

TOPPERS	Top with yogurt or syrup and shake on <b>Cocoa Crunch</b> or <b>Tutti Fruity Whole Food Topper</b> .
SUMMER BERRY WAFFLES	Whisk 3 tbsp <b>Summer Berry Sweet Dip Mix</b> into the batter.
SAVOURY PIZZA WAFFLES	Whisk 1 tbsp <b>Marinara Sauce Mix</b> into the batter. Top with <b>Marinara Sauce</b> , grated cheese, and veggies of your choice.
APPLE PIE WAFFLES	Whisk in 1 tsp <b>Apple Pie Spice</b> or <b>Cinnamon</b> into the batter. Top with sliced apples and maple syrup.

# EASY PEASY WAFFLES



Make a double batch and freeze leftovers. Pop 'em in the toaster for a speedy breakfast.



TOTAL TIME: 20 min



6 waffles



\$1.82 CA/\$1.55 US per serving

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup mixed berries and ½ cup 2% plain Greek yogurt.

## INGREDIENTS

- 1 cup **Easy Peasy Bagel, Pancake & Waffle Mix**
- 1 egg
- ¾ cup milk, your choice
- 1 tbsp oil + extra for brushing
- Toppings** (optional): **Cocoa Crunch** or **Tutti Fruity Whole Food Topper**, chopped fruit, hemp hearts

## NUTRITIONAL INFO

**Per serving (2 waffles):** Calories 260, Fat 8 g (Saturated 1.5 g, Trans 0 g), Cholesterol 85 mg, Sodium 440 mg, Carbohydrate 39 g (Fibre 3 g, Sugars 4 g), Protein 7 g.

## INSTRUCTIONS

1. Preheat oven to 425° F.
2. Place **Waffle Mold** on **Sheet Pan** and generously oil.
3. In a bowl, whisk together mix, egg, milk, and 1 tbsp oil.
4. Divide batter evenly between molds. Bake for 12–15 min or until tops are golden.
5. When cool to the touch, flip pan and gently remove waffles.



# CLASSIC WAFFLES



TOTAL TIME: 20 min



6 waffles



\$0.64 CA/\$0.54 US per serving

**MAKE IT A PERFECTLY BALANCED PLATE:** Serve with 1 cup mixed berries and ½ cup 2% plain Greek yogurt.

## INGREDIENTS

1 cup all-purpose flour  
2 tbsp sugar  
1 tsp baking powder  
Pinch of **Sea Salt**, finely ground  
2 eggs  
1 cup milk, your choice  
¼ cup oil + extra for brushing  
**Toppings (optional):** **Cocoa Crunch**  
or **Tutti Fruity Whole Food Topper**,  
chopped fruit, hemp hearts, maple  
syrup, Greek yogurt.

## NUTRITIONAL INFO

**Per serving (2 waffle):** calories 440, Fat 24 g  
(Saturated 3.5 g, Trans 0), Cholesterol 170 mg,  
Sodium 290 mg, Carbohydrate 45 g (Fibre 1 g,  
Sugars 9 g), Protein 12 g.

## INSTRUCTIONS

1. Preheat oven to 425° F.
2. Place **Waffle Mold** on **Sheet Pan** and generously oil.
3. In a bowl, combine flour, sugar, baking powder, and salt.
4. In a separate bowl, whisk together eggs, milk, and oil. Pour over flour mixture, and whisk until just combined.
5. Divide batter evenly between molds. Bake for 18 min or until tops are golden.
6. When cool to the touch, flip pan and gently remove waffles.