

**Fresh for Kids®**

# quick apple & sultana waffles



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## Ingredients:

- 1/3 cup sultanas
- 1/3 cup maple syrup or honey
- pinch ground cinnamon
- 2 tbs water
- 3 large Golden Delicious apple, peeled, cored and cut into thin wedges
- 4 Belgian or plain waffles
- reduced fat vanilla ice-cream, to serve (optional)

## Health benefits of Golden Delicious apples:

- Low glycaemic index (GI), which means its sugars are broken down slowly and provide a sustained energy release.
- A good source of dietary fibre, which helps prevent constipation.

## Method:

1. Combine sultanas, maple syrup or honey, cinnamon and water in a medium heatproof shallow dish. Microwave on medium/50% power for 1 minute or until hot.
2. Add apples to sultana mixture and stir to combine. Cover dish with plastic wrap. Microwave on high/100% power for 4–6 minutes or until apples are golden and just tender. Leave for 2 minutes. Carefully remove cover, gently stir and set aside to cool slightly.
3. Toast waffles until crisp. Place onto serving plates, top with warm apples and sultanas. Serve with a scoop of reduced fat ice-cream, if desired.

**Serves:** 4

**Preparation:** 15 minutes

**Cooking:** 5–7 minutes