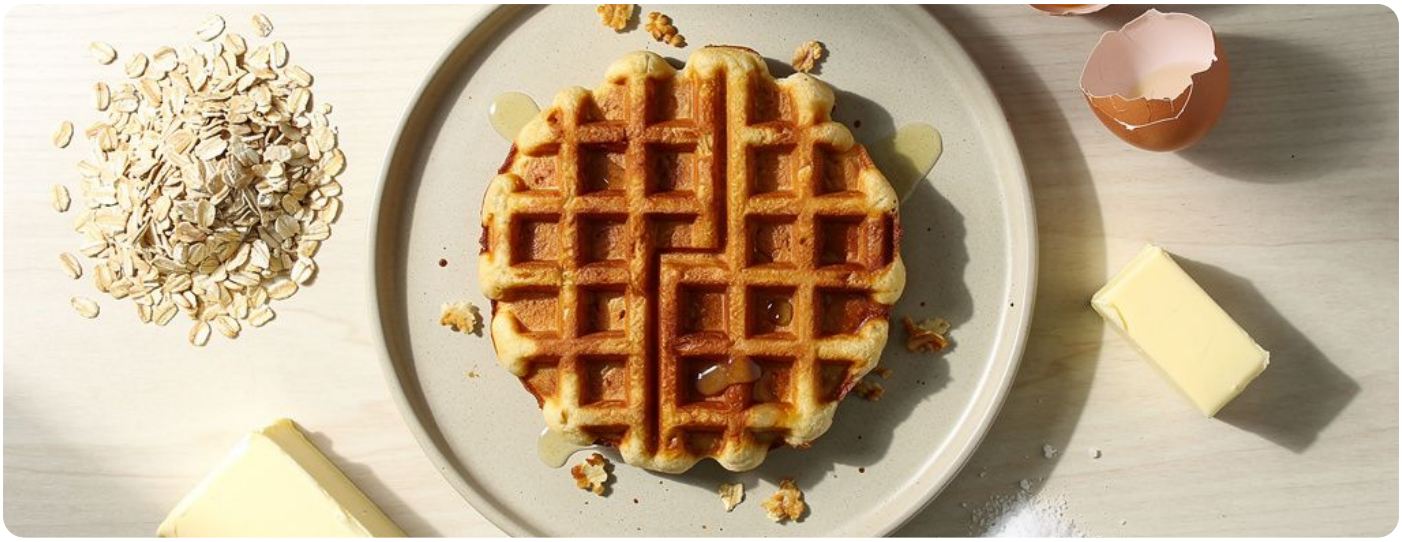
THE LIGHTER PLATE METHOD

Rolled Oat Breakfast Waffle

A three-ingredient batter pressed and toasted until golden — done before the toaster finishes a slice of bread.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
3 min	**5 min**	**8 min**	**1**	**EASY**

Ingredients

- 1 egg
- 20 g rolled oats (gluten-free if needed)
- 1 tbsp unsalted butter (melted)
- 1 pinch sea salt

Method

1. Mix the egg, oats, melted butter and salt to a smooth batter.
2. Heat a waffle press or non-stick pan and grease lightly.
3. Pour in the batter and cook for 3 minutes, until set and golden, flipping once if using a pan.
4. Serve with scrambled eggs, hummus or sliced banana and cinnamon.

Tips & swaps

- This is a genuinely versatile base — treat it as a savoury flatbread or a sweet waffle depending on the topping.

Storage & reheating

Best eaten fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
220	**10g**	**14g**	**14g**	**2g**

Estimated values, for guidance only. Contains: Egg, Milk, Oats (gluten).