

# Waffle Hearts

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## Waffle Hearts

### Waffle Hearts - atcloud.com

Waffle Hearts focuses on low calorie, low fat meals that have an abundance of whole grains and vegetables I use a variety of veggies in my cooking and I encourage the use of organic, seasonal and locally-grown produce as much as possible All of the recipes on Waffle Hearts are tested multiple

### UFFDA Shop

UFFDA Shop Fine Scandinavian Gifts Red Wing, MN [www.UffdaShopOnline.com](http://www.UffdaShopOnline.com)

### RECIPES Waffles with prawns - IKEA

Top the waffle hearts first with the crème fraîche and onion mixture, layering on 3 or 4 peeled prawns, and top it off with the asparagus 1 pkg VÅFFLOR waffles 1 pkg RÅKOR MED SKAL prawns with shells, peeled 67 oz crème fraîche ½ of a red onion, finely chopped 1 bunch of asparagus

INGREDIENTS:

### BRAND Double Heart Waffle Maker

Heart Waffle Maker Double hearts means waffles to the table in double time! And it couldn't be easier, either Before you know it, you'll be turning out perfect, golden-brown heart waffles— and earning lots of ooh"s and "aah"s, too Enjoy!

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File Type PDF Waffle Hearts fat meals that have an abundance of whole grains and vegetables I use a variety of veggies in my cooking and I encourage the use of organic, seasonal and locally-grown produce as much as possible All of the recipes on Waffle Hearts are tested multiple times

by me and often by friends and family Waffle Hearts - About

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### **Kingsberry Full Menu - Kingsberry Waffle House**

SPECIALTIES CREPES BENEDICT 1159 Scrambled eggs with ham wrapped in a crepe and topped with hollandaise sauce

### **substitute waffle fries - Burgers**

Spin Art Dip - Spinach, artichoke hearts, and a blend of cheeses mixed together for a warm delicious dip Served with fried pita chips - 849 Olympic Rings - A platter of sweet onion slices dipped in a premium beer batter and fried golden crisp - 849 Cheddar Nuggets - White cheddar cheese curds fried ...

### **Cheers Grille & Bar Dine-in Menu**

Chicken & Waffle Delicious Belgian waffle with fried chicken, applewood bacon & spicy maple mayo 1399 West Coast Chicken Grilled chicken breast, cheddar cheese, applewood bacon, guacamole, lettuce, tomato & onion on a brioche bun 1399 °Nashville Chicken Fried chicken breast with spicy Nashville spices, super slaw & pickles on a brioche bun

### **WEEK 1 MONDAY TUESDAY WEDNESDAY THURSDAY**

BREAKFAST: Protein Waffle: In a blender, combine ¼ cup almond butter, 2 eggs, 2 tbsp almond flour, 2 scoops collagen, 1 tsp vanilla extract, ½ tsp each cinnamon and baking soda and pinch salt Cook in waffle maker (eat ½; save leftovers) Sauté ½ banana in 1 tbsp coconut oil Top with 1 tbsp almond butter, pinch cinnamon and sautéed bananas

### **SMALL SIDE OF GUACAMOLE snacks - Chit Chat Diner**

hearts, & onions Served with tricolor tortilla chips 995 CRISPY CALAMARI Lightly battered calamari with choice of sweet chili sauce or house made marinara sauce 1395 CHEESY TATER SKINS Bacon bits, melted cheddar cheese, scallions, & sour cream 1095 CHICKEN QUESADILLA Chicken, onions, peppers, melted Monterey Jack and cheddar

### **OPERATION LIVE WELL'S favorite fall & holiday recipes**

Feb 21, 2014 · \*Slightly Adapted Recipe from Waffle Hearts by Anne Beaubien Jensen Picture by Anne Beaubien Jensen 4 Pumpkin Bread (8 Servings) Ingredients: 1 - 2/3 cup all-purpose flour 1/3 cup light brown sugar 1 cup granulated sugar 1 tsp baking soda ½ tsp ground cloves 1 tsp ground cinnamon

### **belgian wafflemaker owner's manual**

Crisp waffle pieces are easier to remove from the cooking grids 1 Open the unit by lifting the Handle The top section will rest in a vertical position (See Call Out) The hinge between the sections is designed to be loose This allows the waffle to rise evenly and for steam to escape 2

### **SALADS (CONTINUED) BEVERAGES BREAKFAST**

made waffle Topped with arugula, sharp cheddar, and drizzled with warm maple syrup BAGEL SANDWICHES Breakfast Grilled Cheese 569 Not your average grilled cheese! Two over-medium cage-free eggs, pesto, arugula, and goat cheese between two toasted slices of multigrain bread Bagel Breakfast Sandwich Cage-free egg (any style), your choice

**Street acoS - Art and Jakes**

WAFFLE FRIES | QUESO | SWEET 'N' TANGY BBQ SAUCE | CHIPOTLE AIOLI | PICO DE GALLO | FRESH JALAPEÑOS 1195 ADD BRISKET 295 o  
\$1295 CRISPY TENDERS Hand-dipped | French fries Spinach & Artichoke Dip ARTICHOKE HEARTS | CHOPPED SPINACH | PARMESAN |  
CHEDDAR JACK CHEESE | SOUR CREAM | CRISP CORN TORTILLA CHIPS 1195 Southwest Eggrolls

**IT'S LUNCH TIME**

BBQ sauce, waffle fries PENNE PASTA 700 choice of cheese sauce or marinara ADD CHICKEN 450 HOT DOG & FRIES 800 grilled all-beef dog,  
waffle fries PEANUT BUTTER & JELLY SANDWICH 600 peanut butter, grape jelly, waffle fries GRILLED CHEESE SANDWICH 800 waffle fries SIDES  
SWEET POTATO FRIES 650 SEA SALT SHOESTRING FRIES 650

**Here at Art & Jake's, we strive to give our customers the ...**

PEPPERS | ONIONS | JALAPEÑOS | ARTICHOKE HEARTS | PINEAPPLE | FETA CHEESE TOPPED WITH OUR THREE-CHEESE BLEND Toppings  
100 each DETROIT-STYLE Square Deep-Dish HAND-TOSSED Round Pizza PERSONAL 1095 LARGE 1695 PERSONAL 995 LARGE 1495 Build Your  
oWn pizza f on Shrimp Mardi Gras SAUTÉED SHRIMP | SUN-DRIED TOMATO | SPINACH | ARTICHOKE HEARTS