BetterBody Foods

Lemon Blueberry Chia Waffles w/ Fresh Coconut Lemon Chia Curd

Prep: 45 min Cook: 0 min Total: 10 hr 45 min Servings: 8

Calories: 561 Fat: 34g Protein: 9g Carbs: 57g Fiber: 0g

Ingredients

- 2 eggs
- 2 cups all-purpose flour
- 1 3/4 cups milk of choice
- 1/2 cup avocado oil
- 1 Tbsp white sugar
- 4 tsp baking powder
- 1/4 tsp salt
- 1 Tbsp lemon zest
- 1 Tbsp chia seeds
- 1 cup fresh blueberries
- For Lemon Curd
- 4 eggs
- 1 cup sugar
- 3/4 cup fresh lemon juice
- 1/4 cup virgin coconut oil
- 1 Tbsp Chia Seed

Directions

1. Instructions for Curd

2. Fill the bottom pot of your double boiler with 1-2 inches of water. Place on high heat. Once the water begins to boil, reduce to low heat to keep the water at a simmer.

3. Place eggs, granulated sugar, lemon zest, lemon juice, into the top pot of your double boiler. Using a silicone whisk, whisk until completely blended, then continue to whisk as the curd cooks. Constant whisking prevents the eggs from curdling. Whisk and cook until the mixture becomes thick, resembling the texture of hollandaise sauce, about 10 minutes. If curd isn’t thickening, turn up the heat and constantly whisk.

4. Remove the pan from heat. Whisk the coconut oil into the curd. The coconut oil will melt from the heat of the curd, once the oil is incorporated whisk in the chia seeds. Pour curd into a jar or bowl and place a piece of plastic wrap directly on top so it is touching the top

of the curd. (This prevents skin from forming on top.) The curd will continue to thicken as it cools. Once cool, the plastic wrap can be removed. Or serve warm over waffles.Refrigerate the curd for up to about 10 days.

5. Instructions for waffles

6. Preheat waffle iron. Beat eggs in a large bowl with a hand beater until fluffy. Beat in flour, milk, avocado oil, sugar, baking powder, salt, lemon zest, and chia seeds just until smooth.

7. Spray preheated waffle iron with non-stick cooking spray. Pour mix into hot waffle iron and top with fresh blueberries. Cook until golden brown. Top with fresh blueberries and warm lemon chia curd.

8. Enjoy your Lemon Blueberry Chia Waffles w/ Fresh Coconut Lemon Chia Curd!